

PEDAGOGICAL INPUT

for the adventure of family life



78_ What strengthens my child?

There is no general answer, but there is an individual one.

Family should be a place of empowerment, security and support. What sounds wonderful and obvious in theory can often turn out to be a great challenge in stressful everyday family life. Because in order for us to be patient and loving when dealing with ourselves and our loved ones, we need a full tank. Thus, the initial question “What strengthens my child?” is immediately followed by the following questions: “What’s good for me? What do I need? What do you need?” to make us feel good.

It is a constant trying out and becoming aware of oneself:

- Do I need retreat and silence today to feel rested? Or do I wish for social communication? Do I long for clear processes or do I need more spontaneity and variety?
- Does my child currently need interaction, communication or the opportunity to withdraw? Does my child want more exercise or rest breaks?

The right way to strengthen yourself is always your own.

A full tank is a good prerequisite for being able to treat each other with respect and encouragement in everyday life.

“The external setting doesn't matter that much as long as you feel valuable to the people with whom you live. Then you can argue, laugh and cry. Then everyone can be themselves.” Jesper Juul

In addition to physical closeness, the feeling of being loved and a strong support from the family, even small things can have a positive impact on a child's self-confidence: When children are involved in decision-making in an age-appropriate way, it increases their sense of self-efficacy and importance for the community.

If children are allowed to try things out on their own and make mistakes without being judged or evaluated, the joy of learning is maintained. Positive encouragement not only for a job well done, but also for courage, curiosity and interest is good and strengthens self-esteem in the long term. Frustration and sadness then have the same space as moments of success and joy. These are good building blocks for self-acceptance of one's own emotional world.

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