

Helping Children Learn To Overcome Frustration & Failures

Editor's Pick. Written by Ariadne for PositiveParentingConnection.net.

Growing up, children are bound to experience frustration and failure. Many parents are very quick to protect their child from any upsets in fear that it will scar their self-esteem, but often it is all that rescuing that may be detrimental. Moments of difficulty and challenge actually help children flex and build resiliency and it is how they learn to overcome frustration and failures.

Experiencing frustration can actually be a great starting point for children to learn how to problem solve and how to overcome anger, sadness and many other feelings. The key lies in actually supporting our children positively when they are faced with frustrations.

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