

# To Build (or Break) a Child's Spirit

*Editor's Pick. Written by Rachel Stafford.*

At times in my life I have been overweight, scared to swim, smelly, ill-mannered, and disorganized. During those times, I could have used some encouragement. So when I saw the young boy ordered to get out of the pool because he was scared to swim, I cried with him from behind my sunglasses. I saw the disappointment in the man's eyes as he looked at his shivering son hugging his knees to his chest. The man really wanted his boy to learn to swim. He thought reprimanding him and ignoring the boy's cries would motivate him to try harder next time.

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