

12 skills to nurture your children

1. Allow time for children to play freely, don't organise their lives with too many rules:

It is healthier and more beneficial for pre-school children to play freely than to participate in organised activities. Parents should avoid filling in children's time with all sorts of events and courses. Every child needs some time to be purpose-free and task-free. This is the only way for their imagination to be developed without limitations, allowing them to explore what they are curious about the world at their own pace. Perhaps sometimes it is you who should slow down and enjoy life at your child's pace.

2. Teach them to care for others:

Happy children need to have a sense of connection with others with some kind of meaning and an understanding of what they mean to others. To develop this sense, you can expose your child with more people: you can fix some old toys with your child, donate them to charity with them and help homeless children. You may also encourage them to get involved in some voluntary activities at school. Experts identified that even at a very young age, children are able to gain satisfaction through helping others. This also helps them to develop a habit of helping others.

3. Encourage them to exercise more:

Do sports with your child: play balls, cycle, swim... not only could more exercise equip your child's physical fitness, it will also make them a happier person. Maintaining an active life can release your child's stress and emotion to a certain extent, and make them love themselves more and own a more positive body impression. They will also discover fun and a sense of achievement in exercising.

4. Be joyful:

Saying jokes with children, making funny songs and laughing with them aloud are beneficial to both you and your children. Laughing aloud itself is a good exercise.

5. Praise with creativity:

We need to be specific with our compliments; say out the details and point out what stands out to you, or what's better than last time. However, some parents wrongly award their children with gifts or money, shifting the children's focus onto what brings reward, rather than the good act itself. Parents should let children be aware of the satisfaction and sense of achievement something brings about, instead of rewarding them with materialistic compensations.

6. Make sure children eat healthily:

Not only does a healthy diet ensure health on children, it also stabilises children's emotions. Regardless of proper meals or snacks, we should abide to the principle of healthy diets, such as: low fat, low sugar, fresh and balanced.

7. Promote their artistic talents from the inside:

Your children's frequent exposure to music, art, and dance etc. enriches their inner world. As your children follow the rhythm of a music, or doodle with a brush, they express their inner world and emotions.

8. Hug frequently:

A gentle hug delivers immense care; it's the silent 'I love you'.

9. Listen intently:

Nothing shows more care to your children than listening intently. Would you like to be a better listener? Don't just listen with one ear: when your child speaks to you, do your best to stop what you're doing and be attentive to them. You need to be patient with what they say and avoid interrupting, being eager to help them express or hurrying them to finish what they, even if they are repeating what they have said before already. The best moment to listen is the journey to their schools and preparing them for sleep.

10. Give up on perfectionism:

Asking everything to be perfect reduces children's confidence and the courage of not being afraid of making mistakes. Next time when you are tempted to intrude to help your child do things better, why don't you consider if this relates to their health or safety? Or will it still matter in 10 years' time? If the answer is no, then just let go and let your children do it.

11. Teach them to solve problems:

From learning to tie shoes to crossing the street on their own, every step is a milestone in your children's journey toward greater independence. When children discover that they have the ability to solve the problems they face, it brings them happiness and a sense of accomplishment. When they encounter obstacles, such as being laughed at by playmates or unable to put together a puzzle, you can help them in several steps: 1. Identify their problem. 2. Ask them to describe the solution they have in mind. 3. Find out the steps to solve the problem. 4. Decide to let them figure it out on their own or offer some help. 5. Make sure they can get the assistance they need.

12. Give them a stage to perform:

Every child has a unique talent, so why not give them a chance to show it? When you can appreciate your children's talents and show your enthusiasm, your children will naturally feel more confident.