


# Parents are made not born



10 little moves to guide  
our children throughout  
their personal growth



PEARLS  
FOR CHILDREN

# #1 Build a relationship network

Children need to be surrounded by love and feel their parents' support.

Create a strong family network, wrap your child in the intimacy of the family and share as many good times as possible.



# #2 Stimulate self-confidence

Offering help to others makes people stronger and more confident.

Give your child the chance to help you at home, let them do some things on their own so that they're proud of themselves.



#3

## Create a routine

Regularity is essential for making children, especially young ones, feel safe.

Encourage your child to create a simple daily routine, for example, in the morning and before going to bed.



#4

## Spend free time

Getting away from daily life and taking a break from habits can help to relax and not focus on problems.

Let your child have the time to play and express themselves freely; avoid planning too many activities.



#5

## Know how to have fun

Having fun and time for yourself helps to maintain physical and mental balance, recharging your batteries.

Make sure your child can have fun and has the chance for free time without an excessive number of things to do.



#6

## Recognise successes

Having sensible aims ahead enables you to follow a clearer and more tranquil life path.

Make positive comments on the steps your child takes - they will help him/her to concentrate on his/her successes rather than the failures.



#7

## Be confident

Believing in yourself helps to deal with problems and difficulties with greater calm and determination.

Remind your child of their ability to manage problems in the past to help them understand how to deal with those in the future.



#8

## Be optimistic

A positive attitude to life enables complex moments to be faced more calmly.

Make your child aware of pain and difficulties but help them to understand that everything can be overcome.



#9

## Talk to get to know each other

Difficulties strengthen and children learn a lot from them in the darkest moments.

Help your child to be aware of their strength and their ability to deal with difficult periods.



#10

## Adapt to change

Change frightens both adults and children.

Teach your child that change is part of life, allowing improvements - and often leads to lovely surprises.





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For further information, see [www.pearlsforchildren.eu](http://www.pearlsforchildren.eu)

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