



How independence-building is the pathway to your child's resilience

by Michael Grose

Parents and teachers often ask me how to build resilience in kids.

My response is always the same: "Start by building independence and resilience will follow."

Here's how.

Children are hardwired for independence

Some time around the age of fifteen months, give or take three months, most children will make a strong case for self-sufficiency. They demand to do things their own way. This demand is soon backed by a strong voice – "NOOOO!" – and then more articulate cries of "I can do it!" as their third birthday approaches.

This is the time to harness your child's push for independence and self-sufficiency. Their desire for independence and mastery over their immediate environment will see most children take incredible physical risks in the form of play and exploration of that environment. Concerned parents will naturally minimise risks by moving furniture around, keeping doors closed and hiding sharp implements, to name a few protective measures.

But parents can't eradicate all risks. Kids will fall and hurt themselves ... but they'll also get up and go again. In time, they'll learn to assess situations, stare down their fears and test themselves out in new situations. Falling down, brushing yourself off and trying again is part of the natural learning experience for most young children. Parents don't have to do much more than assess a situation for real dangers, then stand back and allow their kids to explore their environments, pulling them up only when their play and explorations transgress the rights and peace of others.



So what's this got to do with resilience?

Well, everything really. Independence is the pursuit of mastery over one's self and one's environment and rarely happens without mishaps and mistakes. It nearly always involves hurt, hardship, frustration and fear. That's where resilience comes in. Resilience is the art of bouncing forward after experiencing these hurts, hardships, frustrations and fears. Resilience is what comes from seeking out self-sufficiency and independence.

The language of independence

The fact that there's a whole genre of language devoted to resilience (mostly cloaked in cliché) is no accident. Terms such as "Get back on the bike/horse when you fall off", "Come on, brush yourself off and get on with it" or "What doesn't kill you makes you strong" are built into the psyche of past generations. Many parents today will cringe at these terms as they appear a little callous and out of touch. Conversely most current parents' relationship with risk and adventure – both required for independence-building – is very tenuous at best, non-existent at worst.

Therein lies the challenge. I haven't met a parent, carer or teacher who doesn't want the children in their care to develop resilience that will last a lifetime. Yet many of those same adults will block the pathway to children's resilience by over-indulging them, solving their problems and not giving them real responsibility. In doing so they deny kids the sense of mastery that comes from sorting out their own problems, getting themselves out of jams and getting up after a fall.

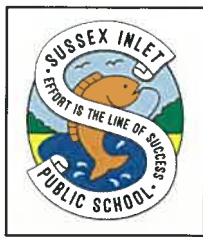
You can never love your children too much, but you can love them helplessly. That's what happens when we deny kids the opportunity to become truly independent and self-sufficient. Deny self-sufficiency and you block a child's resilience. Develop real independence and you open a pathway to resilience that will last a lifetime.

Find out how to develop real independence and resilience in your child in my latest book [Spoonfed Generation: How to raise independent kids](#).



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including Thriving! and the best-selling Why First Borns Rule the World and Last Borns Want to Change It, and his latest release Spoonfed Generation: How to raise independent children.



Sussex Inlet Public School

SURVEYING THE SCHOOL COMMUNITY

2017

PARENT SURVEY

Sussex Inlet Public School welcomes you to participate in a parent survey.

By completing this survey you offer some very valuable information that can better our school, our students and the connection between SIPS and the community.

It is important that we receive feedback from ALL our families to ensure we have an accurate account of your thoughts and feelings.

You are not required to put your name on the survey, so that confidentiality and anonymity will be preserved.

We are aiming at 100% completion.

We ask that surveys be returned by 10 November and be handed to the front office.

Results of the survey will be communicated back to the whole school community.

Regards
Janelle Radke
Principal

To fill-out this survey, read each of the following statements and indicate, by crossing the appropriate number, the extent to which you agree or disagree with each statement.

Example:

My child likes this school.

Strongly Disagree	Disagree	Agree	Strongly Agree
1	2	X	4

Through this survey, we hope to find out about the impressions you have formed of our school. If you don't know for sure about an issue, it will still be useful for us to know what you **believe**. For this reason, please use the *unable to comment* option as little as possible.

For parents with **more than one child at the school**, you are welcome to fill in a survey relating to each child should your responses vary for each child.

At the end of this survey, space is provided for you to make written comments about our school. Feel free to add further comment if your responses may be different for each of your children.

	Strongly Disagree	Disagree	Agree	Strongly Agree	Comment if required
1. This school is well organised and runs smoothly.	1	2	3	4	
2. Regular school attendance is important to my child/ren's learning.	1	2	3	4	
3. This school encourages a sense of pride in achievement and a sense of self worth.	1	2	3	4	
4. I feel comfortable in voicing my concerns with the Principal.	1	2	3	4	
5. I talk to my child regularly about what they are learning at school.	1	2	3	4	
6. I think the school's FISH values work well at SIPS.	1	2	3	4	
7. I feel teachers care about how my child is going.	1	2	3	4	
8. I feel staff work together to provide the best for the students.	1	2	3	4	
9. I would recommend this school to others.	1	2	3	4	
10. This school deals with any parent concerns effectively.	1	2	3	4	
11. My child(ren) enjoy going to Sussex Inlet Public School.	1	2	3	4	
12. I feel students care about their school	1	2	3	4	
13. I feel students are engaged in a positive learning environment	1	2	3	4	
14. My child receives help from teachers when he/she experiences difficulty learning.	1	2	3	4	
15. Staff at this school are committed and enthusiastic	1	2	3	4	
16. The school acknowledges and celebrates Multiculturalism and Aboriginal culture	1	2	3	4	
17. My child's teachers provide a stimulating learning environment and make school work interesting and enjoyable.	1	2	3	4	
18. My child is encouraged to achieve to the best of his/her ability.	1	2	3	4	
19. The school offers communication methods which suit my needs e.g. newsletter, Class Dojo, school website etc	1	2	3	4	

20. The school reports I receive about my child are informative and easy to understand.
21. This school's staff are approachable and welcoming.
22. This school provides a wide variety of learning opportunities for my child (academic, cultural and sporting)
23. Parents are given opportunities to be involved in the school in many ways – canteen, P&C, Harmony Day etc
24. Being involved in technology/coding/robotics programs at school are important in my child/ren's learning.
25. Overall, I am satisfied with my child's educational progress at this school.

1	2	3	4
1	2	3	4
1	2	3	4
1	2	3	4
1	2	3	4
1	2	3	4
Strongly Disagree	Disagree	Agree	Strongly Agree

Comment if required

Gender of your child at this school

Male

Female

Year group of your child at this school

K - 2

3 - 6

COMMENTS

The **one or two** aspects I most like about this school is -

The **one or two** aspects I would like to see this school improve is -

Other comments

Thank you.