

HOPE

Children need to understand that difficult situations will always improve

Help children keep their chins up when life doesn't go their way. Maintaining hope for a better future is a significant skill to develop.



Children and young people can have their worlds turned upside down in an instant. Family breakdown, the death of a loved one, a friend moving away, being on the receiving end of bullying are just some of the situations that children can experience. Parents need to go into support and encouragement modes when children experience difficulty. That is, they need to offer plenty of moral support and a great deal of encouragement so that children understand that things will get better. They always do! In extremely difficult situations children and young people can often lose hope in the future and any belief that their situation will

improve. Part of the job of a parent or adult is to help them maintain hope in the face of seemingly hopeless situations.

FIVE COMPONENTS OF HOPE:

- 1. Orientation towards the future.** Help your child or young person maintain an expectation of what they want or desire. Dreaming about the future helps a person create new ways of doing things. Help children and young people understand that bad times don't last. Things will always improve.
- 2. Goal-setting.** Setting goals is linked to future orientation. High hope people talk clearly about goals and don't see obstacles as blockers. They go around obstacles to achieve goals. Help children and young people set some reasonable and achievable goals even if it is just to get a couple of simple things right by the end of the week.

3. Action. Movement is important. It shows belief in solutions. Get kids busy doing things rather than moping around. Help them make a start to a difficult project or activity. Action rather than inaction is important as action usually gathers momentum.

4. Trust in interpersonal relationships. Hope begins with trusting relationships in early childhood. High hope children report that they feel supported, nurtured or a given guidance during the early years. Encouragement and support is intrinsic to maintaining hope that things will improve.

5. Offer a positive frame. Kids often pick up their cues about the future from their parents. Maintain a positive outlook yourself so that your child will see that hope is possible.



Parenting *ideas*
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