

# 5 Ways to Help Children Focus on What They Can Control

Big Life Journal

## 1. Teach Accountability



Children who feel powerless often focus on things they can't change. **Create a "Culture of Accountability."**

Each family member is responsible for:

- Their own actions and behaviors.
- Following the rules and expectations set by the grown-ups.
- How they respond to stressful or upsetting situations.

## 2. Create a Circle of Control

Control is a tricky concept to explain to a child. But a **visual depiction** of what they do and do not have power over makes it much less daunting.



## 3. Practice Mindfulness

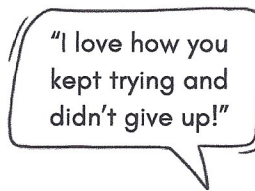
Mindfulness is the practice of **accepting what is** — without automatically trying to change it.

Explain to your child that we can't always control what happens to us, but we do have a say in **how we respond to it**. We can still choose our attitude.



## 4. Praise Effectively

One of the simplest ways to help your child gain more confidence is by offering effective praise. Studies show that praise **must be both specific and sincere** in order to positively impact self-esteem.



## 5. Understand the Power of Choice

Allowing your child to make important decisions about their lives is **crucial for their mental and physical health** — it even impacts key brain development. Provide them with options within established routines.



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