



HOPE

Recognize your child's hope for their future and trust in you to help them grow into successful individuals.

We rarely think of your children in terms of their 'HOPE' for their own lives. But just as you hoped you would be healthy, happy, wealthy and wise, so do your children. They do not see themselves as 'extensions' of you. They are the centre of their universe until they discover that everyone feels that way. For some this realization can alter the way they put together expectations for their own lives.

These expectations that a child develops are almost entirely based on their 'self-esteem'. And it is for this reason that parents need to be constantly aware of how their actions impact on their children's self-esteem.

While we have talked about Trust in another free article on this site, we have to realize that Hope, though it is tied in with Trust, is a completely different emotion and experience.

Hope is very individual.

Hope must exist for humans to proceed.

When our hope for an event or outcome is lost, we abandon the path towards that event or outcome. It is all tied up in our 'self-preservation'.

As parents we need to stop and realize that our children have their own 'hopes' and dreams for their lives. We have to respect that.

And more than that, we need to understand our role in our children's hope.

For a child, things hoped for can seem like a long way off in the distance. Even if your child is hoping for an ice-cream, a few minutes can seem like an eternity to them. But by definition hope has embedded in its' meaning elements of waiting, expectation and either fruition or disappointment. Hope can be fulfilled or it can be dashed to pieces.

If hope is continually disappointed, then a person does eventually stop engaging in hopefulness. If a child is continually faced with the realization that their hopes rarely materialize, then they come to expect less for themselves. It is not a conscious process, but they are nevertheless convinced that they should probably lower their expectations rather than continue to be disappointed.

This is exactly why many children perceive themselves to be poor at Mathematics or Spelling. Losing hope is like losing belief. Once a child loses belief in themselves as someone who can do mathematics, then they struggle and struggle with concepts that they are actually capable of understanding and applying. Children's performance often has little to do with their actual ability but rather has more to do with how they perceive themselves.

Self-preservation forces them to label themselves. Really once a child has labelled themselves, it is very difficult to convince them otherwise.

So parents can you see the almost intangible links between hope and achievement and accomplishment?

Here are some ways that you can make sure that your child has hopes and dreams for their life and some ways you can keep their hope intact and preserve their opportunities to develop their potential:

- Establish communication about hoped-for outcomes and expectations.
- Guide your child to set realistic expectations of themselves.
- Take a more global view of where they are at in terms of their abilities and development and help them realize an appropriate next step, so they don't bite off more than they can chew. Remember that you want them to experience fruition of their hopes....not disappointment in them.
- Express your confidence in them.
- Share in their hope for themselves. Don't work against them. Be so glad that they are hopeful individuals.
- Rejoice with them when they are experiencing fruition.
- Point out to your child, that many of their smaller achievements are merely stepping stones to their other hopes.
- Show them that you have confidence in them.
- Preserve their confidence in themselves at all times.
- Help them see setbacks as part of successes.
- Allow them to change their minds about their hopes...but be sure to monitor their motivations for doing so. Remember if they become disappointed too often, they will lose self-esteem and lower their expectation.

And remember that above all, when they are disappointed with themselves, you are not. You keep the hope alive, by remaining hopeful when they lose hope. Remember that they need to be constantly bolstered up by you, in order to feel encouraged within themselves.

Recognize your child's hope for their future and trust in you to help them grow into successful individuals.

HELP YOUR CHILD SUCCEED MORE,

go to

<http://www.permissiontoshine.com>

to receive your

FREE AUDIO

**for PARENTS who want to help their CHILDREN to
SUCCEED in life!**

