



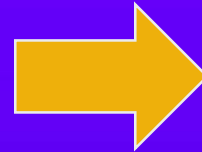
# How to Raise an Independent and Responsible Child

Goh CL

# Defining Contrast

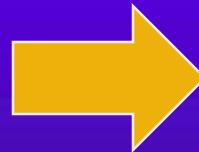


**Apathy**



**Responsible**

**Weak**



**Independent**

**Spoilt**



**Mature**



What can we do to encourage this movement?



# 1. Give them responsibilities at home

- ◆ Household chores
- ◆ Teach them to clean up after themselves
- ◆ Take responsibility for their own spaces/rooms/belongings



## 2. Learn to say NO

- ◆ Child must learn that they cannot always get what they want
- ◆ Learning
  - Discipline of waiting
  - Patience
  - How to cope with rejection, frustration, disappointment



### 3. Allow them to make decisions

- ◆ Age appropriate decision making
- ◆ Provide guidance on the process but don't make the decision for them
  - Identifying options
  - Evaluating options
  - Making decision
  - Taking responsibility for the consequences of the decision



## 4. Teach Freedom with Responsibility

- ◆ With freedom to choose comes responsibility
  - Responsibility for my studies
  - Responsibility for my health
  - Responsibility for my friendships
- ◆ Dealing with consequences of my choices
- ◆ Involves allowing them to make mistakes



## 5. Set clear boundaries for discipline

- ◆ Be clear about what is acceptable and non acceptable behavior (based on family values)
- ◆ Discipline base on boundaries not based on emotions
- ◆ Teach the child that they must take responsibility when they do something wrong





## 6. Encourage Initiative

- ◆ Ask questions:
  - What do I want to do/accomplish?
  - What do I enjoy doing?
- ◆ Encourage interest, ideas, attempting new challenges
- ◆ Must allow them to make mistakes
  - Within what is determined to be safe



## 7. Teach Self Efficacy

- ◆ Confidence to effect change
  - Stop complaining about the way things are
  - Start acting to change things for the better
- ◆ Simple lesson of being “Change Agent”



- ◆ Involves problem solving skills
  - Identify issue/problem
  - Identify possible solutions/action
  - Decide and take action
  
- ◆ Key lesson: you are not helpless

# Learnt Helplessness





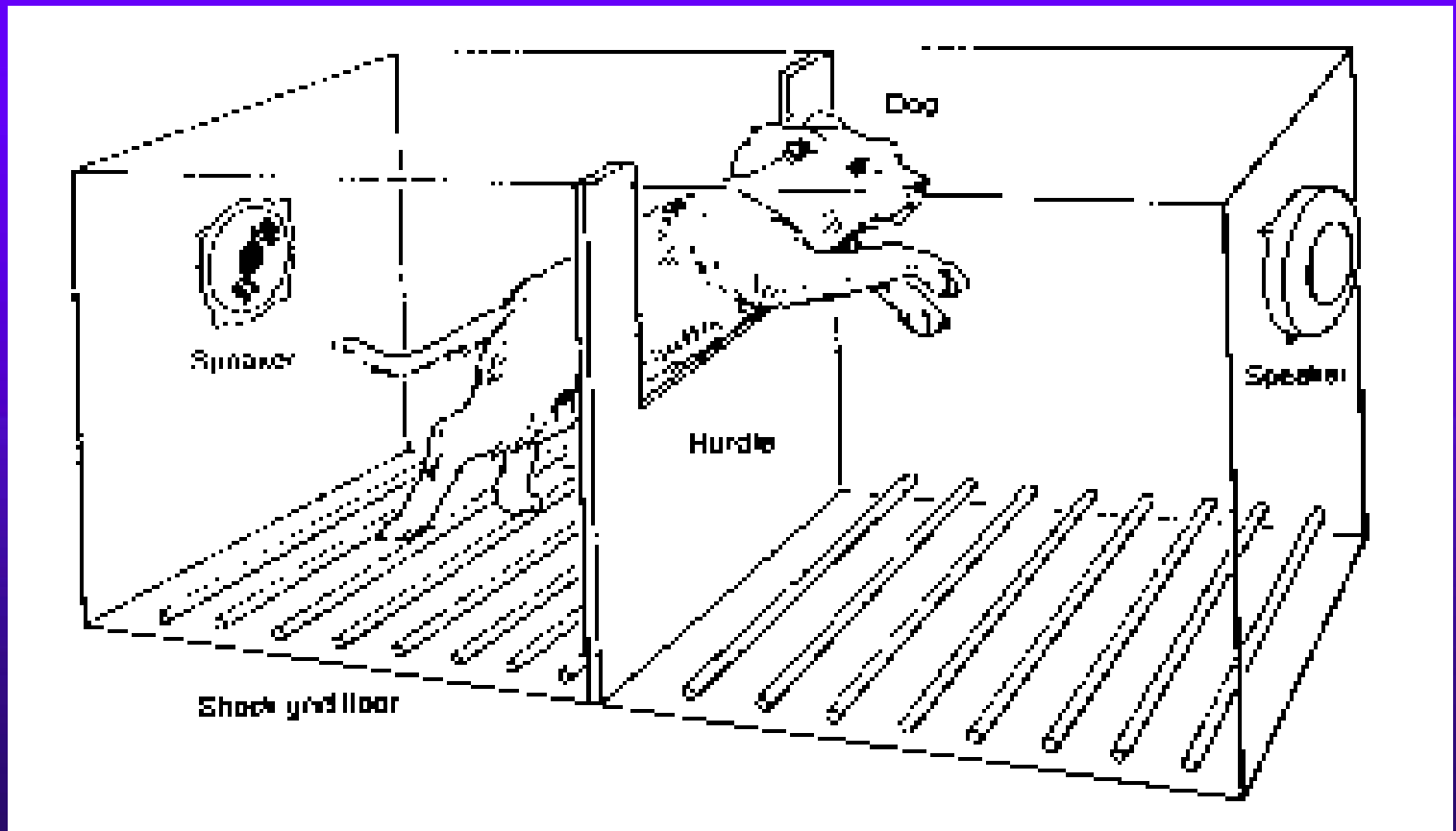
# Learned Helplessness Experiment

## ◆ Stage 1:

- Helplessness condition = dog in harness:  
cannot avoid shocks
- Control Condition



- ◆ **Stage 2 (24hrs later)**
- ◆ **Both dogs placed in new setting = box with two compartments separated by barrier = can avoid shocks by jumping barrier into next compartment**





## 9. Not afraid to try and fail

- ◆ Many children hesitate to try because of the fear of failure
- ◆ Self handicapping behavior
  - Purposely sabotaging self
  - Self defense mechanism
- ◆ Its okay to try and fail: Failure is price for success





# 10. Encourage responsibility for others

- ◆ First step: Looking to meet the needs of others in the family
  - Encourage empathy
  - Recognition of needs of others
  - Taking responsibility to meet needs



- ◆ Looking to meet the needs of the community
- ◆ Citizenship
  - Sharing space with others
- ◆ Other focused versus self focused



# 11. Lead by Example

- ◆ Model the values you expect in your child
- ◆ How do we display our responsibility and independence?



Q and A

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