

# Valuing Children



Much of the research that has been published in regard to helping children grow into responsible adults, without being involved in the drug culture, binge drinking and other anti-social behaviors, highlights the protective measures that parents and adults can adopt. These include:

Making conscious and intentional decisions to be involved in the lives of your children no matter what their age. This helps to build your child's self-esteem through a range of activities, which can include recreational, spiritual and cultural avenues.

Creating opportunities where you can develop a relationship with the child. Having a loving, affirming and supportive environment assists you to build this relationship and helps the child to develop strong interpersonal skills as they know they come from a place of acceptance.

Learning to understand their challenges and needs, without being judgmental.

Being prepared to answer their difficult questions on drugs, sex and life in general and giving answers that are factual, reliable and true.

One way to help you value the precious gift that you have in your children is to consider their worth and importance in what is called Children365 statements. These statements are based on:

- 3 reasons I love my children
- 6 ways they make me smile
- 5 things we will do together in the year ahead.

This was an initiative which was promoted by the Alannah and Madeline Foundation in Australia following the tragic death of a 4 year old girl - Darcey Freeman in 2009. The initiative recognizes that every day of the year is one in which you can cherish your children. You may like to add your Children365 statement to those on the Foundation website at:

<http://www.amf.org.au/Children365Form>

Remember that you can make a difference in the life of a child and that difference may enable them to live a happy and fulfilled life.

Glenda Amos - National and World Director of children's Work

References -

Focus on the Family:

[http://www.families.org.au/article\\_files/resistingpeerpressure.pdf](http://www.families.org.au/article_files/resistingpeerpressure.pdf)

[http://www.families.org.au/article\\_files/overcomingfear.pdf](http://www.families.org.au/article_files/overcomingfear.pdf)

The Alannah and Madeline Foundation:

[http://www.amf.org.au/Assets/Files/Factsheet\\_Children365%5B3%5D.pdf](http://www.amf.org.au/Assets/Files/Factsheet_Children365%5B3%5D.pdf)