

Modelling – Why Being a Good Role Model Helps Kids Lead Happier Lives



We have written often about the importance of modelling the behaviour you want to see in your children. We cannot over state this. As parents we are the most important influences in our children's lives. They look to us for everything; how to behave, how to respond, how to speak and to relate to others. As parents we are generally too close to our children to really notice this occurring. How often has someone commented, 'Your daughter/son is so like you (or his/her father)'? You may have even thought, 'Really? I can't see it'.

Recently our attention was brought to the work of educator and founder of The Resilience Project, Hugh van Cuylenburg (Thank you to Cecily, one of our Junior School grandparents, for finding this gem for us to share).

We are inserting into this article an interview conducted with [Hugh on The Today Show](#). It goes for approximately 15 minutes and contains some valuable wisdom around how to reduce anxiety and improve optimism in your children by modelling resilience, kindness, empathy and gratitude to them. It is a change from our usual format for our newsletter article. We hope you enjoy it.

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