

Are Your Children Prepared for Bad Times?

By Joseph Parish

When dangerous and appalling times approach, they are generally complex enough for adults but can you imagine how they develop for young children? Sure, your children may be doing well with the usual reading, writing and arithmetic however the "three R's" by themselves will not get your children through life if and when the SHTF. They will need to develop skills such as critical leadership, multitasking, thinking, and above all teamwork. Only by mastering these social skills will your children be resilient and able to handle anything that life tosses their way.

Let us consider and think of resilience as the missing fourth R. Just what is resilience? This is the ability of your child to bounce back to par when they encounter obstacles which challenge or prevent them from achieving their desired goals. Actually, of all the skills mastered perhaps resilience might be the most important one which they can learn and in bad times it could mean the difference between life or death.

Practice and more practice in various survival skills have shown that the survival techniques offer a wonderful environment for teaching potential young recruits to be resilient. Let's see about learning and practicing the following skills.

First, your child would need to be empathetic so he or she could look at the world as if they were seeing it from another person's eye. An example of this would be if he were to meet another child after the SHTF. That child may not only be scared but completely confused by all that is taking place around him. He might even be younger than your child making it even more difficult for him. Your child might tell the new kid that many other people are scared and even they do not understand what is taking place. He should encourage the youth rather than appear superior and belittle him for fostering his fears.

Next, he should be capable of communicating with others while still displaying a manner of respect. Communication skill include not just verbally speaking but attentively listening, not interrupting the other person while they are talking and fostering a feeling of honesty in all they have to say.

Children should be very flexible in a post apocalypse society. One should not repeat their mistakes but effectively learn from them. Teach your kids to give their undivided attention to every task that they are assigned. You as a parent can cultivate this in your children by giving them your undivided attention as well. Teaching by example is a wonderful means by which you can set guidelines for your children. When you are planning and participating in a mock bug out exercise leave the TV and CD players at home and spend some time giving your kids their personal time particularly when driving or while sitting around an evening fire. If you are fishing with your child strike up a conversation that will motivate him or her.

Above all accept your children for who they are and not who you would like them to be. If your kids fail to meet your expectation do not belittle them as it is vital to young children to be accepted and recognized within their own terms. Instead of demeaning them develop ways that you can effectively modify their behavior and put it on course to what you are expecting. Criticism does not build self-esteem and fails to accomplish any positive abilities in a child. Give children a chance to help when preparing for the unexpected. Most positive memories in adults usually stem from helping the family in one way or another as they were growing up. Treat any mistakes they might make as part of the child's learning experience. Don't over react to a mistake made by your child. Remember every mistake is a learning experience and it is much better to make mistakes now than when the SHTF.

When your child does something positive be sure to let them know. Accenting their strengths will help boost their ego and make them better survivors. Lastly, let your kids try and resolve their own problems. Their ventures into the unknown is all well and good unless they are placed in danger or performing an unsafe act.

Resilience is important for young people to develop especially prior to bad times arriving. Get your young ones conditioned now as you may not have time once an emergency develops.