

INSIGHTS

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Parenting the family underdog

Raising talented kids is relatively easy, but parenting children and young people who struggle can be a significant parenting challenge.



One of the unwritten laws of family life is that talent and ability are unevenly distributed between siblings.

In most families there is one child who seems to have more than his or her fair share of ability. Everything this kid turns their hands to – whether schoolwork, sport or socialising – is done successfully and effortlessly.

If you have such a child then there is a fair bet that another of your children struggles in the same areas. For these children, achieving success takes more effort and concentration than it does for their sibling.

Just as it is easy for parents to marvel at the talented child, it's frustrating and, at times, heart-breaking to watch another child struggle to attain even mediocre levels of success at school, sport or leisure activities.

It's harder still when you know that no matter how hard this child tries they just can't be as successful as their sibling, who continues to get all the glory and accolades from relatives and friends.

As a parent it's important to be realistic about what each child can achieve. Keep your expectations in line with their ability and maturity, and avoid making comparisons between siblings.

Here are some ideas to keep in mind if you are parenting a child for whom success at school, sport and other common childhood activities just doesn't come naturally.

1. Be your child's cheerleader. Kids who have to work really hard to achieve need someone in their lives who is able to boost their self-confidence, particularly when they are struggling. Make a fuss over small successes so they can puff up their chests every now and then.

2. Focus your comments on contribution, improvement and effort. It's difficult praising kids when the results aren't there but you can always focus your comments on their contribution to the team. Focus on things improvements shown in reading or the effort they are making at art.

3. Remember that persistence pays. Children who persist learn an important life lesson – that is, success in most endeavours takes effort. Those kids who sail through their childhoods without raising a sweat can struggle when eventually they do have to work long and hard to succeed.

4. Help kids identify their strengths. Kids are like niche marketers – they define themselves by their strengths. "I am a good reader" or "I'm sporty" or "I'm really good at art" are some of the labels kids will use. As they move into adolescence the number of options for success opens up, so help them find one or two areas that they enjoy and can easily achieve success in.

5. Don't put kids on pedestals. It is difficult living in the shadow of a superstar so avoid making a huge fuss over the achievements of a particular child – it makes life difficult for those who follow. Recognise results but balance that by focusing equally on the efforts of the others as well.

Raising kids who find life a breeze is easy. However, parenting the underdog who takes longer to mature or who must put in 110% effort to achieve is challenging for any parent. It requires parents to focus on kids' strengths, be liberal with encouragement and have realistic but positive expectations for success.