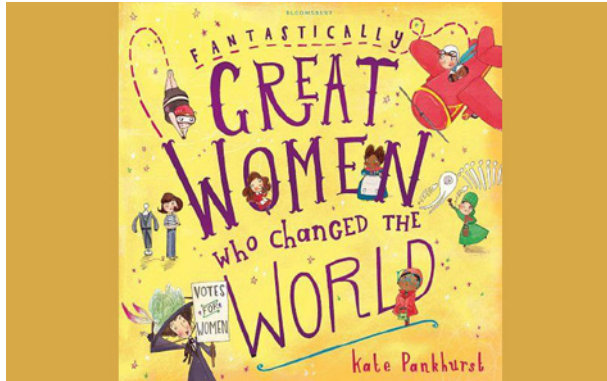


# Empowerment: Ways to empower Children



As adults we can often remember situations from our childhood that have a high emotional value. Many of these situations are events in which we have mastered a special situation, such as riding a bicycle for the first time without training wheels. Or have successfully mastered a big challenge, like going to school alone for the first time. Self-confident and strong children have been able to collect a broad portfolio of such life situations. In everyday life, it is important to encourage this in many small and big moments!

*„Empowerment is the promotion of the ability to act independently and self-determined.“*

Four different influencing factors are named:

Competence: “I can do this!”

Autonomy: “I can decide that myself!”

Effectiveness: “I am effective / important!”

Sense: “I understand the purpose of my doing!”

The following practical examples should illustrate how the individual areas can be promoted:

## Competence

- Putting on shoes and/or brushing teeth
- Building trust and providing support

## Autonomy

- Food scooping and/or toilet training
- Participation and involvement

## Effectiveness

- Apply open questions and/or generate success
- Praise and recognition

## Sense

- Cleaning up and/or washing hands
- Provide explanations and make connections visible

Of course we all know how it is when someone contradicts us and behaves differently than we would like. But what do we really want? Children who follow us will-lessly and always do what the adult wants them to do? Or children who have a mind of their own, challenge us and clearly and openly explain their position? Even if it does not always seem to be the right moment: we can be proud of our strong and self-confident children!

We are very happy to be at your disposal as contact and support. If you have any questions or concerns regarding this topic, you are welcome to contact the professionals in your group, the centre director or me at any time!

If you have any questions about empowerment, our dedicated globegarden specialists are available as contacts.

Our globegarden educational expert tip for at home are the picture books:

## **„Fantastically Great Women Who Changed the World.“**

**A book that is wonderfully dedicated to the subject of girl empowerment.**

Author: Kate Pankhurst, Publisher: Bloomsbury Trade, Age recommendation: 5 to 7 years  
ISBN: 978-1-4088-7698-5

## **„Perhaps - a story about the infinitely many talents in each of us.“**

**A book about talents, courage and dreams.**

Author: Kobi Yamada, Published by Adrian Verlag, Age recommendation: 4 to 8 years  
ISBN 978-3-947188-85-7