

## BE A GREAT EXAMPLE FOR YOUR CHILDREN

*Children do not follow your advice – they follow your example!*

This is a difficult time for everyone and particularly so for those with children, who are trying to balance working from home, managing their children's education and keeping some semblance of family life. What example are you setting for your children?

- Are you disciplined about your work patterns and about their educational arrangements?
- Are your actions in integrity with your words? Are you walking the talk? Are you modelling what you expect from them?
- Do you create space for them to raise their anxieties and concerns? Are you listening to better understand your children's feelings.

Make sure that you set a great example so that your children feel confident and competent to cope with these challenging and unusual times.

This is a perfect time to ensure you meet what Tony Robbins calls, 'the six human needs'.

- **Certainty** – create a routine and be disciplined about following it. Explain what Covid -19 is and why we are having to take such extensive precautions. Let them know that you and they are going to be fine.
- **Uncertainty** – while everyone is confined to the home, break up the day, create as much variety as possible and try and identify some small surprises.
- **Love and connection** – Be available to them for reassurance and to support their study. Help them stay connected to their friends on facetime and skype. Set appropriate limits though and be sure you know how they are spending their online time and who with.
- **Significance** - Pay attention to your children. Make time for them and let them know you are there for them. Recognise the importance of connecting as a family and try to ensure one mealtime where mobiles and tv are not allowed and everyone is encouraged to talk about their day.
- **Growth** – This is an opportunity to learn new things, individually and as a family.
- **Contribution** -how can you support friends, family and neighbours? For those of you on the front line, explain to your children what your work entails and how you are helping the national effort to resolve the impact of the virus. Let them know how they can play their part.

Above all ensure that you give children hope that this too will end.

For more information on leadership skills, visit my website at  
[www.lynnpeyton.com/core](http://www.lynnpeyton.com/core)