

What's Special About Me at this Age?



Character Building

- I take responsibility for chores. I do them without being asked. Encourage me by showing appreciation for my attitude and ability.
- I need you to set clear expectations and enforce clear consequences. This helps me become responsible and capable.
- I am becoming capable. I show this by being respectful, helping others, doing things independently, and building strong relationships.



Communication

- I need to communicate openly and ask questions to understand life. Encourage me to do this.
- I can observe details. I use specific and accurate words.
- I might want to exaggerate. Discourage this. Encourage me to speak accurately.



Skill Building

- I am learning to think deeply. Encourage me to observe the world and make connections. This is very important.
- I discover new interests and talents. Encourage me to pursue them and become skilled at them.
- Teach me to always practice, do my best, and never stop trying. This should be my motto!

Applying Inuit Values

Pijitsirniq (Respecting and Helping Others)



Definition

Pijitsirniq means working for the common good. We do this by respecting and helping others. This is a sign of maturity in a child.

Process

Teach your child to notice what needs to be done and do it without being asked. This shows the *pijitsirniq* attitude.

In the past, children would help elders and other families who did not have children to help them. These people were always very grateful and would say, "May you live a longer life now." These simple acts were greatly appreciated and showed the character of the child. Teach your child that she will gain a sense of accomplishment, belonging, and purpose by helping others.

Reminders

- ✓ Teach safety and set limits. Ten-year olds are very active and independent. They need to know proper handling of tools, weapons, and vehicles. They need to know fire safety.
- ✓ They need proper instruction before they are allowed to ride skidoos or ATVs on the land. They should always wear a helmet. They should be with an adult and stay within sight of others.

Inunnguiniq

Childrearing Advice from Inuit Elders

10 Years



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CENTRES OF EXCELLENCE FOR CHILDREN'S WELL-BEING

Children and Adolescents with Special Needs

About this Age

Ten-year olds experience many changes in their minds and their bodies. They want independence and might be less obedient. They are developing more muscle and may be starting to go through puberty.

They want more opportunities to do things independently and use their abilities. They are very curious and want to explore new things. They ask many questions. They want to be with peers and follow older youth.

They might be less enthusiastic about family activities. They might stay up later and be lazier about chores. Encourage your ten-year old to communicate openly about their feelings. Encourage listening and obedience.

Children this age respond well to being treated with respect. Speak to them directly. Teach them about "living a good life." This will influence them now because they want to be mature. They don't want to be treated like a child anymore.

Ten-year olds understand the importance of reputation. They are deciding what kind of person they want to be, what they want to be known for, and what skills they want to develop.

Children this age like to have their own things. They like to collect possessions and protect them.

What Parents Can Do

- **Closely observe your child.** He is going through many changes. He needs more support, guidance, and open communication at this age.
- **Assign full responsibility for chores.** Your child can take full responsibility for her chores. For example, if her chore is to do the dishes after supper, she should do them promptly and without being asked.
- **Encourage your child to finish what he starts.** Teach your child to always finish tasks or projects before starting something else and before going out with his friends.
- **Encourage maturity.** Set clear expectations for behaviour. Explain to your child that she will earn respect and be treated like an adult if she follows the expectations.
- **Encourage observation.** Teach your child to keep his ears and eyes open. Tell him that he will become skillful by learning from what others do.
- **Encourage time with Elders.** Support your child to spend time with grandparents and other Elders. Encourage her to help Elders.
- **Answer questions in detail.** This is an important learning time. Teach your child that he is expected to remember your answers and to use the information. Remind him of this often and encourage him. Show appreciation when you see him use the information.
- **Encourage deep thinking.** Help your child make connections. Encourage her to think deeply about everything she notices. Talk with her about her thoughts.
- **Have fun!** Show your child that learning and doing tasks is fun.

Parenting Skills to Practice for this Age

- Expect and encourage development in your child's abilities at this age. Explain to your child that she is becoming capable. Tell her that you will be teaching her many new things and expecting more from her. Make the work fun and encourage her having her notice her progress.
- Support your child's observation skills. Observation is an essential skill and takes practice. In the past, children were asked to observe the weather every morning. When your child talks with you, ask for details. Ask: What did it smell like? What changed? What did it feel like?
- Support your child's thinking skills. Encourage them to reason and notice connections. Ask: Why do you think that happened? How can you tell? What happened before that? Why do you think the animal/person reacted that way?

Tips for Parents

- ✓ This is a difficult age because your child may want to push the family away and spend more time with peers. But, your child still needs family time. He needs good instructions and preparation for life.
- ✓ Respect your child's need for peer time by having him include a friend in family activities. Talk with your child about the importance of being a good friend and being a good family member. Help him be both.
- ✓ Encourage independent thinking that serves the common purpose. Discourage thinking that is selfish or harms others.