

'A SMOOTH SEA NEVER MADE A SKILLED SAILOR.'

Franklin D. Roosevelt



In the same way as this quote, children only grow strong, capable and resilient when they face challenges themselves. As parents, it can be tempting to step in and do things for them, but 'guiding' rather than 'doing' is where real growth happens. Struggling, and even failing a few times, teaches persistence, problem-solving and confidence.

Every wobble or mistake is part of the journey to independence. By allowing children the space to try, stumble, and try again, we give them the gift of skills that will carry them through life.

The challenges involved in the Junior Duke Award, help children to build perseverance and resilience, giving them the confidence to have a go, keep trying and find their own solutions.

'THERE ARE TWO LASTING BEQUESTS WE CAN GIVE OUR CHILDREN: ONE IS ROOTS, THE OTHER IS WINGS..'

Hodding Carter Junior



When your child takes on a level of the Junior Duke, some challenges may be introduced at school, but much of the fun, and the learning, happens at home with your support.

Many parents tell us how much they enjoy having a framework to follow, as it helps them engage their children in meaningful tasks and see them grow more capable with each challenge.

Your role is not to do the tasks for them, but to gently encourage them so they can succeed in their own way. Once a task is completed, keep encouraging your child to practise those skills again and again because real confidence comes through repetition.

As they progress, you'll see them grow in independence, taking on new roles in the home and discovering just how much they can do for themselves.

Over time, these small steps help them spread their wings, ready to fly with confidence when the moment comes. Starting young is the key!

Thank you.