



All About Patience

Why Is It Important?

Patience helps foster the ability to think through and solve problems which will help develop and maintain tolerance. When you teach children patience, they learn to evaluate things with more perspectives, without acting too quickly. This will especially help them when they reach adolescence, a stage when patience will be invaluable to help them control their developing emotions. Emotional stability through patience allows them to maintain calmness and peace to take on obstacles with more strength and a better attitude.

Islamic Corner:

153

يَأَيُّهَا الَّذِينَ ءَامَنُوا أَسْتَعِينُوا بِالصَّابِرِ وَالصَّلَاةِ إِنَّ اللَّهَ مَعَ الصَّابِرِينَ

Transliteration: yāayyuḥā alladhiṇa āmanū is’ta’īnū bil-ṣabri wal-ṣalati inna l-laha ma’ a l-ṣabirīn

Translation: O you who have believed, seek help through patience and prayer. Indeed, Allah is with the patient (2:153).

Practice It!

The best way to develop patience in a child is to model patience for them.

Next time you need to wait for something, instead of appearing anxious and upset, help your child figure out what they can do to pass the time. Say, “What can we do while we’re waiting? Should we read a book or play a game of “I spy”?”

Allow your child to feel time passing while still having a positive experience through it.

Praise It!

Praising patience can be effective in instilling confidence and resilience in children. Praise the effort, not the outcome. Focusing only on achievements can demotivate and demoralize a child very quickly. It’s alright to celebrate success, but it’s more important to acknowledge the effort that led to that success. This will motivate and show a child that you believe in the decisions they make. Instead of saying: “Your painting is gorgeous,” try complimenting more on the process: “You spent a lot of time and showed great patience as you worked on that painting.”

Talk About It!

Here are some points to help you talk about patience with your child:

- What does it mean to be patient and why is it important?
- Why can it be difficult to wait?
- Tell me about a time you had to wait for something. Was it worth the wait?
- What is something you can do or something you can tell yourself to make waiting easier?