

## Is Competition Just Stress? 3 Major Benefits to Help Children Build Inner Strength



I believe all parents have heard the term "glass heart," and no one wants their children to have a "glass heart." Whether they are just starting school or entering the workforce, everyone faces various levels of competition. If they don't know how to cope, it can lead to mental and physical exhaustion, even affecting personal development. Allowing children to participate in competitions based on their interests and willingness offers many benefits:

### 1. **Learning to Follow Rules**

Every competition or competitive game has its own set of rules that must be followed, such as arriving on time and adhering to size specifications for submitted work. These experiences teach children the importance of following rules. Parents can also explain why these rules exist, such as fairness in size specifications and convenience with deadlines.

### 2. **Learning to Express Themselves**

Not every child is born with a strong desire to perform or is accustomed to showcasing their talents. Children who participate in competitions can boost their confidence by observing the behavior of other children and responding to the cheers and encouragement from the audience, learning to be more willing to express themselves.



### 3. Learning to Face Winning and Losing

In any competitive situation, whether it's a competition or a game, there will always be winners and losers, and often there is only one champion. When a child achieves victory, parents can provide appropriate encouragement to maintain their enthusiasm for the activity and the competition. This is also a good opportunity to teach children to express gratitude to the staff, teammates, and friends who supported them during the competition.

Even if they unfortunately lose, parents can accompany their children through feelings of disappointment, helping them understand that even in failure, there are valuable lessons to be learned for next time. They should realize that losing a competition does not mean they gained nothing. More importantly, it's essential to reflect on the experience of failure and prepare for the next opportunity.