

THE SCIENCE OF PATIENCE



DEMONSTRATING PATIENCE MAKES CHILDREN FEEL CARED FOR AND LOVED, AND IS KEY IN CREATING MEANINGFUL RELATIONSHIPS AND GOOD COMMUNICATION.

SCIENCE PROVES THAT THE LESS PUNISHING THE PARENTAL STYLE, THE BETTER FOR THE CHILD.

WHEN PARENTS LOSE THEIR PATIENCE, THEY REMOVE A CHILD'S ATTENTION FROM THE LESSON AT HAND AND CREATE STRESS AND FRUSTRATION FOR THEIR CHILDREN.

NEUROSCIENCE SHOWS THAT THE BRAIN OF A CHILD IS NOT MATURE ENOUGH TO CALMLY HANDLE FRUSTRATION. IT IS UP TO PARENTS TO REMAIN PATIENT AND SOOTHE THE CHILD.

NURTURING PATIENCE, SELF-CONTROL AND EMOTIONAL INTELLIGENCE HELPS A CHILD'S BRAIN TO MATURE.

CHILDREN WHOSE PARENTS EXPRESS A LOT OF ANGER ARE MORE AGGRESSIVE AND MORE DEPRESSED THAN PEERS FROM CALMER FAMILIES; THEY ALSO PERFORM WORSE IN SCHOOL.

CHILDREN WHOSE PARENTS PRACTICE MORE COLLABORATION INSTEAD OF PUNISHMENT, ARE MORE EMPHATIC AND MORE COOPERATIVE WITH THEIR PARENTS.

RESEARCH PROVES THAT THOSE CHILDREN WHO GROW UP TO BE PATIENT DO BETTER THAN THOSE WHO DO NOT.



THE SCIENCE OF CARE

Listen First, a UNODC initiative to support happy, healthy and nurturing families.

Made possible with the generous support of France.

For more information and references, please visit:
www.unodc.org/listenfirst



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