

The Five Cs at Home

Five qualities developmental research links to how children thrive — and small, ordinary ways they tend to show up in daily life, not a checklist to complete.

Competence

Feeling genuinely capable at something real.

At home — name specific skills as they develop. "You figured that out on your own" does more than general praise.

Confidence

An overall sense of self-worth and capability, not tied to any one task.

At home — it grows out of real competence, not reassurance. It needs a hard thing to have actually been attempted, not just praised in advance.

Connection

Positive bonds with the people and institutions that matter.

At home — unhurried time together and real curiosity about what they're into, not just logistics and reminders.

Character

Respect for societal and cultural rules.

At home — modelled more than explained. How a disagreement gets handled teaches more than what's said about fairness afterward.

Caring

A sense of sympathy and empathy for others.

At home — real chances to contribute: helping a sibling, a neighbour, a pet. Practising care, not just receiving it.

Researchers describe a sixth quality, Contribution, as what tends to emerge once the other five are genuinely present — not something to aim for directly.

Source: Conway, Heary & Hogan, "An Evaluation of the Measurement Properties of the Five Cs Model of Positive Youth Development," *Frontiers in Psychology* (2015) — blog.beaconly.sg/journal/beyond-grades-what-predicts-success/