



Raising Resilient Kids

Family Wellness, March 17, 2021

What is a Resilient Child?

- In life, children (and adults) will face challenges, struggles, failures. The biggest difference in outcome is determined by how a person perceives and navigates these situations.
- Like the growth mindset, a child who learns these skills while their brain is still developing will be better equipped to deal with adult life.
- A **resilient child**:
 - Sees obstacles as temporary, not impossible to overcome
 - Understands that success is not a simple, straight path
 - Can manage their emotions when faced with challenges
 - Can work through challenge and “bounce back” from disappointment



Ways to Help Your Child Become Resilient

- Create an understanding they are part of a greater purpose
 - A child's connection to God and those around them helps them see themselves as important pieces to the puzzle.
 - Emphasize a child's special place in the family
 - Depict them as a child of God, given great potential by God
 - Highlight their role in other relationships
 - A **greater connection** encourages a child to try again for themselves but also for those around them.
- Model for your child **how to pray**, especially through difficult times to help develop their connection with God



- Don't put your child in a bubble
 - We naturally worry and want to protect our children. The world can be scary, especially today but by shielding children from every discomfort we are setting them up for failure.
 - Let your child take appropriate risks
 - If they're going to climb an (**age appropriate**) play structure, standing below worrying aloud will only make them more anxious.
 - Allow the exploration and if they fall, be there to brush them off and encourage them to try again.
- "Do it myself"
 - This is one of my toddler's favorite phrases. It is maddening watching him trying to put his shoes on, especially when we need to get moving BUT kids need the opportunity to try.
 - Stand back (as much as you can) and let your child try something new. Hold back the urge to immediately step in and offer help.





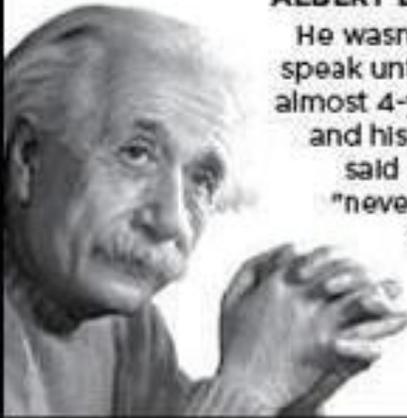
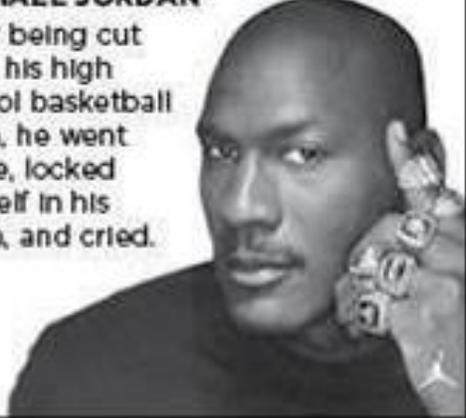
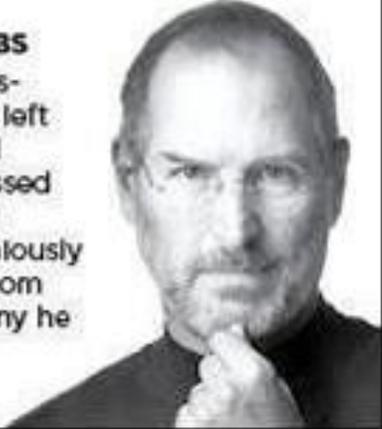
- Emphasize “how” questions
 - Children are inclined to ask parents or other adults for solutions. Respond with:
 - How do you think we can solve this? Let’s make a plan.
 - How can we find out?
 - How would you handle (a certain situation)?
 - How can you accomplish..... (and create steps to make it happen)
- Let your child make mistakes
 - As parents, we are inclined to provide solutions. Letting your child make (age appropriate) decisions and then dealing with the consequences helps them problem solve for next time.
 - For example, your child wants to wear fancy shoes on a slushy day when you recommend boots. They choose the fancy shoes anyway and end up with wet feet. Simply say, “well next time we can try the boots.”
- Allowing your child to make mistakes is NOT the same as setting them up for failure. If your child is struggling with a task or decision making, help them break down the task to solve it themselves.
 - For example, a school project is due in three days, but your child hasn’t started it. Rather than take over and solve the problem, sit down with your child and make smaller tasks for them to complete. You are scaffolding for your child to solve their own problem.

- Validate emotions while setting clear boundaries
 - Children learn very quickly what emotions will garner a response from an adult.
 - Help your child understand that all emotions are okay. *“I understand that you’re angry about your brother breaking your toy.”*
 - Remind them that while emotions are okay, the behavior that accompanies them may not be appropriate. *“I’m sorry your toy is broken but hitting your brother is not an acceptable behavior.”*
 - Make a strategy for coping. *“I know you’re upset; how can we help you feel better?”*



- Provide concrete examples of others who have struggled and persevered.
 - Model your own challenges and problems as well as how you worked to solve them.
 - “This is frustrating but I’m going to try.....”
 - Talk about celebrities, athletes, and authors who struggled and failed before becoming accomplished
 - J.K Rowling, Michael Jordan, Oprah Winfrey, Walt Disney, Thomas Edison, Albert Einstein to name a few.

FAMOUS FAILURES

 <p>ALBERT EINSTEIN He wasn't able to speak until he was almost 4-years-old and his teachers said he would "never amount to much"</p>	 <p>MICHAEL JORDAN After being cut from his high school basketball team, he went home, locked himself in his room, and cried.</p>
 <p>WALT DISNEY Fired from a newspaper for "lacking imagination" and "having no original ideas."</p>	 <p>STEVE JOBS At 30-years-old he was left devastated and depressed after being unceremoniously removed from the company he started.</p>
 <p>OPRAH WINFREY</p>	 <p>THE BEATLES</p>

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- Everything in parenting is about **progress versus perfection**.
 - Parents are human. We are going to have bad days where we don't model resilience, positivity, or a growth mindset. **THAT'S OKAY!**
 - Own your mistakes- *"I was really frustrated earlier. I'm sorry I reacted that way."*
 - Keep practicing and grow with your child.

THERE ARE NO
PERFECT PARENTS,
AND THERE ARE NO
PERFECT CHILDREN,
BUT THERE ARE PLENTY
OF PERFECT MOMENTS
ALONG THE WAY.

