

RAISING RESILIENT KIDS

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Resilient Kids

Merriam-Webster's dictionary definition:

re·sil·ient

adjective \ri- 'zil-yənt\
/

: able to become strong, healthy, or successful again after something bad happens

: able to return to an original shape after being pulled, stretched, pressed, bent, etc.



Resilient Kids Need:

- Confidence
- Control
- Courage
- Character



Confidence

- Built as children gain competence
- Enables them to take risks
- Inspires optimism
- Not the same as “self-esteem”
- Confidence grows through:
 - Responsibilities
 - Chores
 - Effective praise

Responsibilities

As soon as they have the tools for success – Let them do it themselves

- Carrying own belongings
- Putting away clothes
- Packing soccer bag
- Homework

Chores

- Learning to work
- Contributing to family, community
- A sense of accomplishment
- Developing skills and responsibilities that increase competence, building confidence

Effective Praise

Fixed Mindset Students

Believe	Intelligence is set
Goal	To look smart
Mistakes	Proof they have lost their giftedness
Challenge	Fearful: To try and fail = no longer smart
Difficult Task	Give up
Praised for	Being intelligent

Growth Mindset Students

Believe	Brain is like a muscle
Goal	To learn
Mistakes	Problem to be solved
Challenge	Excited: See as opportunity to learn
Difficult Task	Work harder
Praised for	Effort, process, persistence

Encouraging Growth Mindset

- Use specific praise –focus on qualities or achievements that your child can control
- Talk to your child about how working harder makes his/her brain stronger

Creates motivation and resilience, leading kids to focus on the *process* of achievement

Control

- What can he or she control?
 - Attitude
 - Effort
 - Character
- Children experience control over their own lives through:
 - Choices
 - Problem solving
 - Consequences

Choices

- Give choices where all the options are okay
- Don't leave the choice open ended
- Give choices that you can support
- Don't always give choices

Help Kids Solve Their Own Problems

Question #1

“What are you going to do about that?”

Question #2

“How do you think that will work out?”

Statement #3

“I can't wait to see how you solve that.”

Question #4

Follow up – “How did that work out?”

Consequences

- Resist the urge to rescue
- Allow children to get into trouble and accept the consequences
- Hold them accountable for their actions: eliminates the blaming
- Let them fail so they can learn from their mistakes

Courage

- Courage to overcome – uncomfortable, scary, out of my comfort zone
 - Learning through disappointments and failure
 - Emotional regulation
 - Adversity

Learning from Disappointment

The hardest and most important thing we can do!

Disappointments:

“I didn’t get the part that I tried out for.”

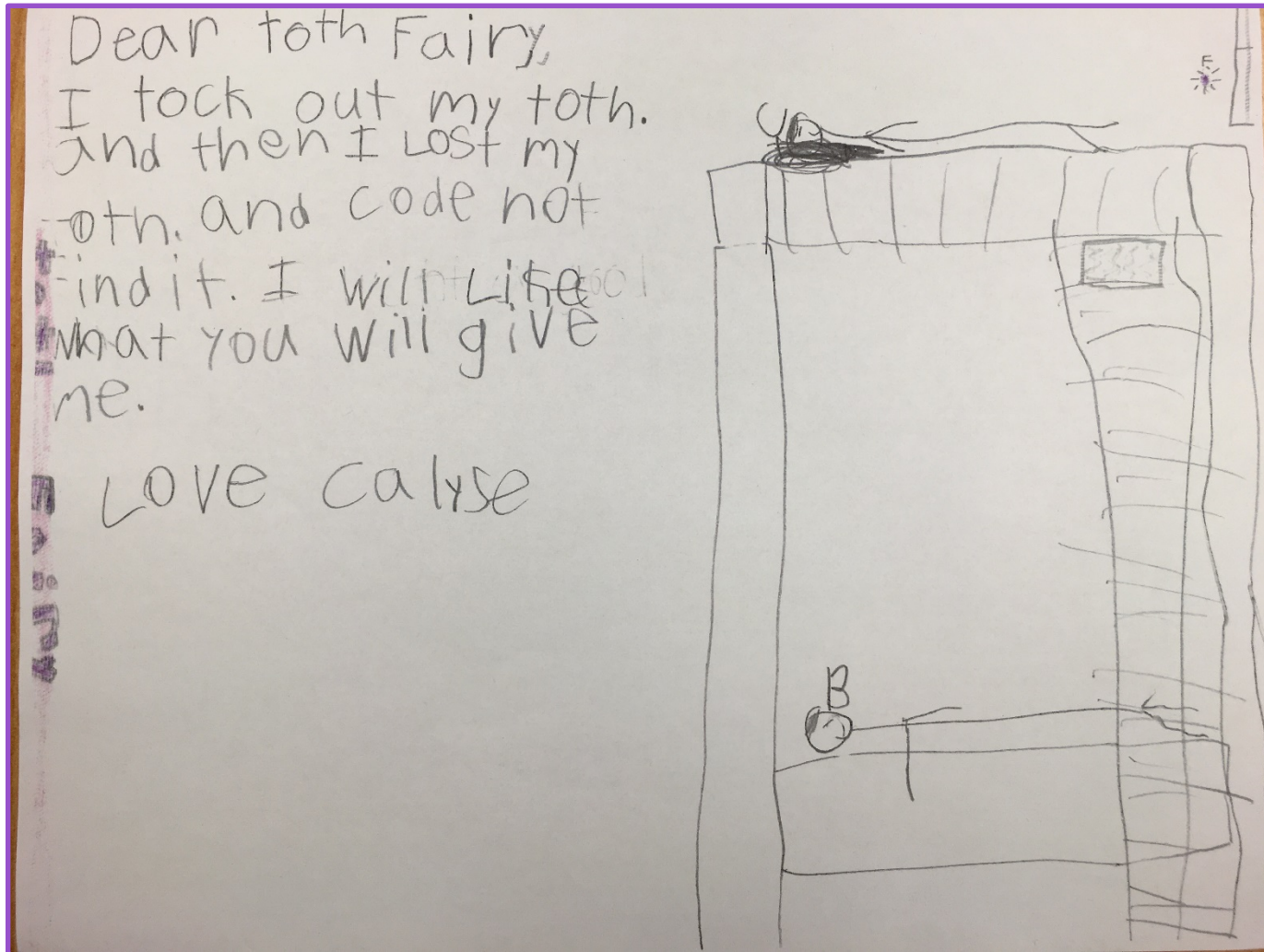
“I didn’t make the team.”

“I wasn’t invited to the birthday party.”

“That person hurt my feelings.”

“My mom said, “no.”

Learning from Disappointment



Learning from Failure

- Say to yourself, “This is a chance to help my child learn something important.”
- Show genuine empathy
- Analyze to decide what your child needs to learn
- Ask yourself, “How can I facilitate the learning process?”

Emotional Regulation

- Emotional management is key in resilience
- Teach your kids that all emotions are valid
- Show empathy
- Help them think through next steps
- Let them experience consequences for inappropriate actions
- Don't get on the roller coaster

Adversity

When we overprotect we communicate that we don't think they can handle life...this fuels their anxiety

- Do less preventing
- Do more preparing
- Risk more
- Rescue less

Character

Wisdom comes from making many bad decisions and learning from our mistakes

- Teach kids to be self-directed
- Teach kids to be outward focused
- Teach kids to be self-disciplined

Self-Directed

Keys:

Avoid over scheduling

Limit Screen Time

Give Time, Space, and Materials

Create space for them to develop qualities of zest and curiosity

Outward Focused

Resilient Kids Understand:

- It's not all about me
- I can wait for the things I want
- I show care and compassion for others
- I am a part of a family and a community
- I have an optimistic outlook
- I count my blessings

Self-Disciplined

- Self-control
- Grit
- Difference between motivation and volition
- "...dreams don't just come true, dreams are made true."
~ Russell Wilson

Model The Way

- Most of what they learn, they learn from us
- Children's stress is increased by a parent's stress
- Make mistakes, apologize and move forward
- It is never too late – kids are naturally resilient
- At times, model grace and love
- Create a "home base" that provides:
 - Unconditional love and acceptance
 - Secure, nurturing relationship with parent
 - Supportive, attentive listening—let them express emotions
 - A soft place to fall

As parents we
need to do one
thing very well:
prepare our
child for the
path, not the
path for the
child.

~Tim Elmore



Resources

- Brooks RB, Goldstein S. *Raising Resilient Children: Fostering Strength, Hope, and Optimism in Your Child*. Lincolnwood, IL: Contemporary Books; 2001
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- Medina J. *Brain Rules*. Seattle, WA: Pear Press, 2008
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Discussion Questions

- Think about the type of adult you want your child to become. What character traits does he/she embody?
- What is your greatest fear related to your children, and how does it impact your decisions as a parent?
- Think of three things you can encourage your child to do themselves?
- Share about a time when you have allowed your child to experience a difficult consequence without rescuing or protecting.
- How can you model resilience for your children?