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V I E W I N G G U I D E

AGAINST ALL ODDS

Topic: Raising Resilient Children

The Facts

Resiliency expert Bonnie Bernard says in her 1991 book, ***Fostering Resiliency in Kids***:

- 🦋 Resilient children are able to think through challenging situations and follow through on finding a solution.
- 🦋 Resilient children know who they are, know they can act independently and feel a sense of control over their situations/environments.
- 🦋 Resilient children have the ability to plan and set goals. They typically believe in a bright tomorrow.
- 🦋 Resilient children respond to others and elicit responses from others easily.

Start a Conversation with Your Kids

1. Ask your kids if they understand the Robert Louis Stevenson quotation, "Life is not so much a matter of holding good cards, but of playing a poor hand well." What does that mean to them? Part of playing one's hand well is having support from friends and family. Talk with your children about who is a source of support for them. How can your family members serve as sources of support for each other?
2. Talk with your children about overcoming obstacles. Brainstorm with them about a recent challenge they have experienced and how they got through it, what they learned, and how this will help them with future challenges.
3. Encourage participation! Ask your family members if everyone feels like a valuable participant in your home life. Remember, children who participate in chores and learn how to complete tasks feel like worthy and capable members of the most important group of all – your family.

Advice From the Experts

As a parent, you can help build resiliency skills in your children by working on your own resiliency skills. The Nemours Foundation suggests developing the following attitudes and behaviors:

- Start thinking of change as "challenging," not problematic.
- Learn to see problems as temporary: "This, too, shall pass." Problems are meant to be solved, not dwelled upon.
- Learn how to set goals and work toward them, all the while believing in your future success.
- Solve the little problems and move on. Don't let them stew to become big problems that will take more energy.
- Work on your relationships with friends, neighbors, fellow club or team members, etc. Keep your commitments to your friends and family.
- Know where to find the support you need and learn how to ask for help.
- Find familiar and new ways to have fun and relax.
- Tell your kids you love and support them. Be ready to "catch, clap and carry" no matter what.

