

Adventures at AIMS...coming together as a community

Raising a Resilient Child

The words Grit and Resilience are today's educational buzzwords...the skills that our children need to develop in order to cope and succeed, despite setbacks or disappointments. These skills are best honed when children are young and the repercussions are not as impactful.

Grit can be defined as a firmness of spirit or perseverance in the face of hardship or difficulty, while Resilience is described as an ability to recover from difficulties quickly. These two qualities are becoming harder for children to develop as adults try to protect and "bubble wrap" them in order to boost self-esteem. Instead of thinking how to save and protect our children, we should foster independence and persistence. Take a deep breath and a big step back. Self-esteem is not built by telling our children how wonderful they are; it comes from doing difficult things.

We can help build Grit and Resilience by:

- Assisting children to strategize and create options. If an adult rushes in, children learn that someone else will solve all their problems.
- Showing them that hard work provides real rewards, despite setbacks. Today's culture creates an atmosphere of big expectations with few disappointments. Share your own failures and triumphs with your child.
- Supporting them in discovering their passion so that they have a sense of purpose.
- Leading by example in stepping outside of your comfort zone. Greatest challenges are greatest gifts.

As parents and educators, we must help our children to learn how to bounce back from stressful situations by stopping ourselves from fixing all their problems for them. Children must be given the freedom to make their own decisions and own the consequences of those decisions.

[Grit: The Power of Passion and Perseverance](#)

https://www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_perseverance