

Raising Resilient Kids Outline

- What is resilience and why is it important?
 - Resilience is the ability to bounce back and the capacity to rise above difficult circumstances, allowing our children to exist in this less-than-perfect world, while moving forward with optimism and confidence.
- What are the biggest challenges in creating resilience in children?
- We want our kids to be successful.
 - What is success?
 - How does it relate to happiness?
- How to take the long view of parenting.
 - The importance of imagining the person we want our child to be at 35.
- How to foster resilience in children?
 - What are two fundamental principles of building resistance in our children?
- What do we mean by hold them to high expectations?
- What are the 7 crucial ingredients to building resilience in our kids?
 - Strategies to build the seven crucial “Cs” — competence, confidence, connection, character, contribution, coping, and control.
- How does trauma impact resilience?