

RAISING RESILIENT KIDS

WORKSHOP FOR PARENTS

WHAT IS RESILIENCE ?

...the ability to recover from or adjust to misfortune or change.

...to persevere in the face of adversity.

...the ability to get oneself back to a centered place after being triggered.




WHY IS IT IMPORTANT FOR KIDS TO BE RESILIENT?

True resilience fosters feelings of happiness, love and peace

Resilience is highly correlated with well-being

A resilient child learns that he can get through anything that comes his way, and he acknowledges that he is learning and growing through difficult experiences






WHAT WE (PARENTS) CAN DO

1. Model empathy
2. Use effective communication skills
3. Set realistic goals & expectations
4. Build on their strengths
5. Use mistakes as learning opportunities
6. Encourage them to look beyond themselves
7. Promote self-discipline and self-worth
8. Instill hope

MODEL EMPATHY



IT'S NOT ABOUT THE NAIL

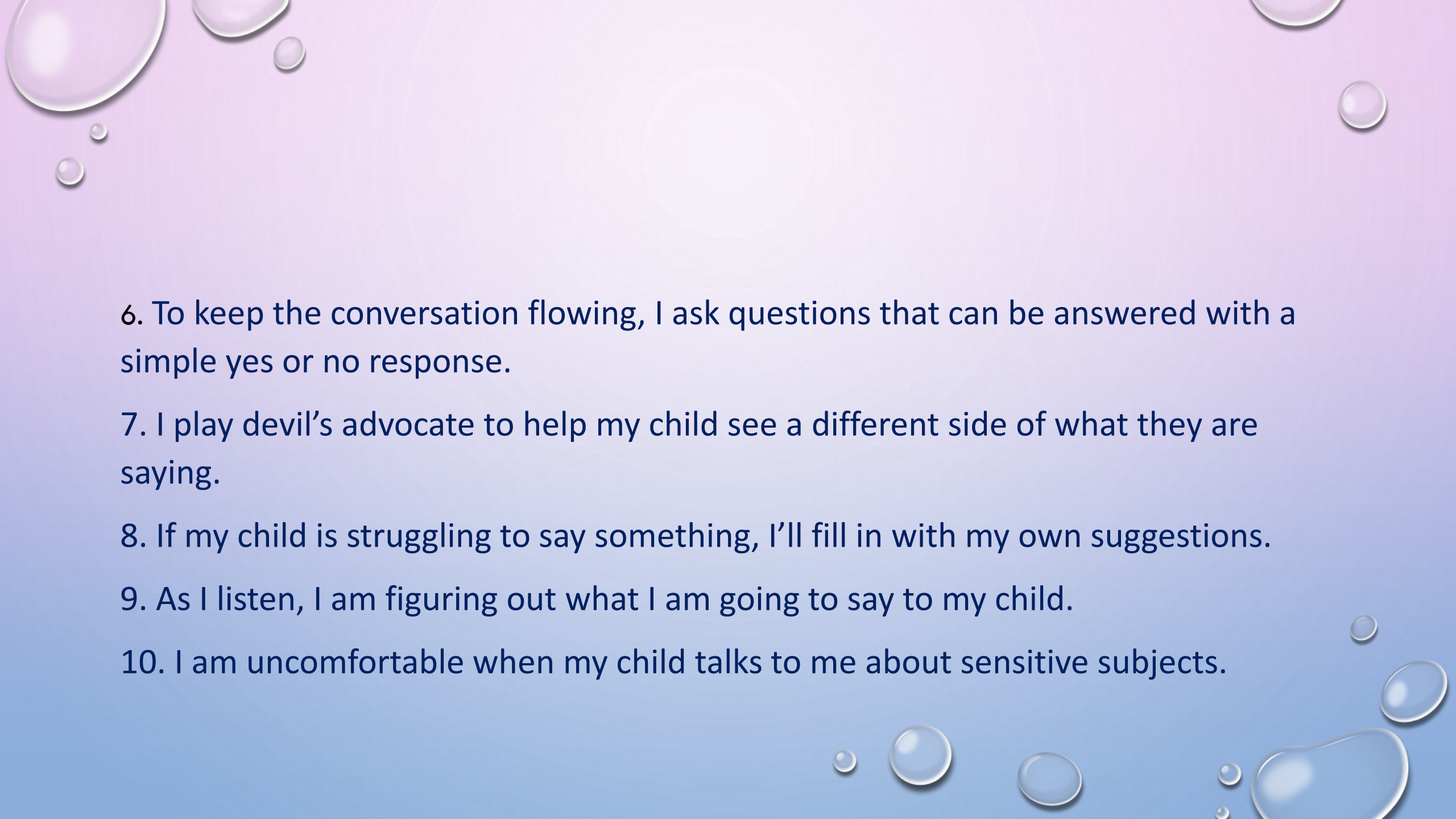
1. Seek to understand
 2. Intention to be curious and non-judgmental
 3. No need to solve the problem
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USE EFFECTIVE COMMUNICATION SKILLS

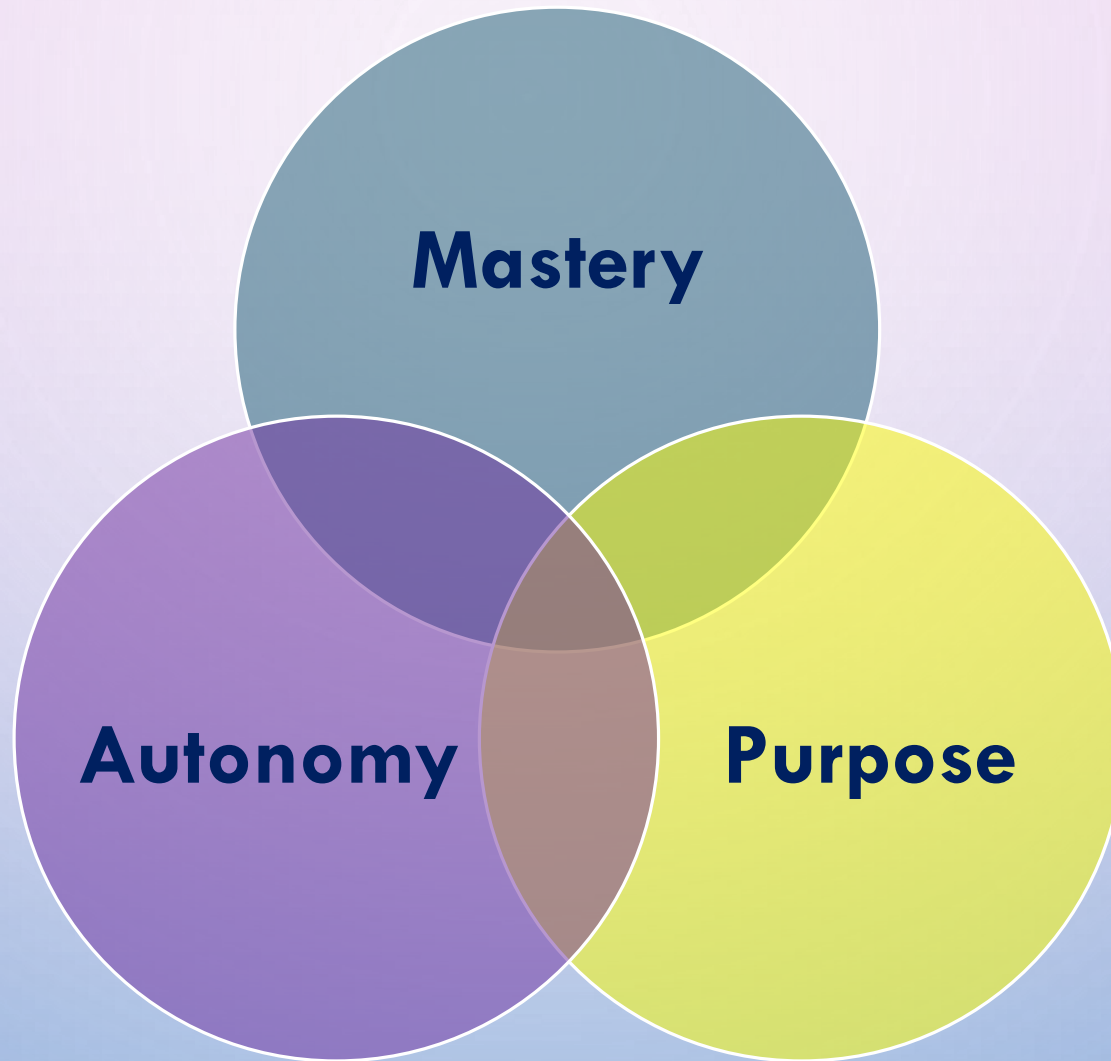
QUIZ: HOW WELL DO YOU LISTEN?

1. When I am talking with my child, it is fine to respond to emails and text messages at the same time, as long as I am listening.
2. When listening to my child, I start to get upset and react emotionally.
3. I feel uncomfortable with silence during conversations.
4. My child seems to get upset during some conversations with me, and it seems to come out of nowhere.
5. If I am interrupted from doing something when my child wants to talk, I feel impatient for them to finish so I can get back to what I was doing.

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6. To keep the conversation flowing, I ask questions that can be answered with a simple yes or no response.
 7. I play devil's advocate to help my child see a different side of what they are saying.
 8. If my child is struggling to say something, I'll fill in with my own suggestions.
 9. As I listen, I am figuring out what I am going to say to my child.
 10. I am uncomfortable when my child talks to me about sensitive subjects.



SET REALISTIC GOALS & EXPECTATIONS





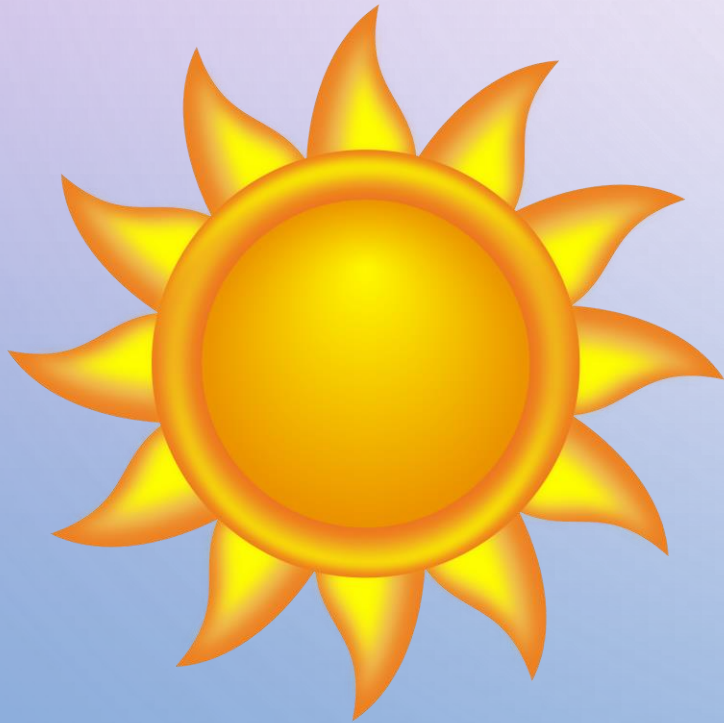
BUILD ON THEIR STRENGTHS

“

What you see in others will depend on
what you are looking for.

”

--ROBERT DUFOUR



Relationship

Trust

Self-esteem



USE MISTAKES AS LEARNING OPPORTUNITIES

MINDSETS

FIXED MINDSET

The belief that skills, intellect, and talents are set and unchangeable.



GROWTH MINDSET

The belief that skills, intellect, and talents can be developed through practice and perseverance.



I'll stick to what I know.
Either I'm good at it or not.

DESIRES

I want to learn new things.
I am eager to take risks.

It's fine the way it is.
There is nothing to change.

SKILLS

Is this really my best work?
What else can I improve?

This is a waste of time;
there's a lot to figure out.

EFFORT

I know this will help me
even though it is difficult.

It's easier to give up.
I'm really not smart.

SETBACKS

I'll use another strategy;
my mistakes help me learn.

This work is boring.
No one likes to do it.

FEEDBACK

I recognize my weakness,
and I know what to fix.

It's easy for him or her.
They were born smart.

TALENTED PEERS

I wonder how they did it.
Let me try to figure it out.



**ENCOURAGE THEM TO LOOK BEYOND
THEMSELVES**

EXPANDING HORIZONS ... SEEING THE WORLD THROUGH A DIFFERENT LENS

Compassion



Gratitude





PROMOTE SELF-DISCIPLINE AND SELF-WORTH

INTRINSIC VS EXTRINSIC MOTIVATION

Mastery

Allowance

Autonomy

Privileges

Support

Purpose

Just Because





INSTILL HOPE

- 
- Bridge back to past successes
 - Track progress
 - Tie actions to goals and goals to dreams
 - Strengths-perspective
 - Role models

BOOK RECOMMENDATIONS

