




RESILIENCE: PERSONAL SKILLS

WE CAN HELP OUR CHILDREN DEVELOP PERSONAL SKILLS THAT BUILD RESILIENCE WHEN WE:

TIPS:



SUPPORT THEIR INTERESTS



Support their passions in sports, art, music, schoolwork, or other things they get involved in and enjoy. Ask them about their activities, games and events. Make time to attend your child's activities.

SUPPORT HEALTHY FRIENDSHIPS

Healthy friendships build skills in communication, cooperation, connection, sharing, taking turns, and setting boundaries.


PRAISE THEIR EFFORTS

Encourage follow-through on things they start. When they pay attention, say, "thank you. Good job!"

LOOK FOR THE GOOD

Look for positives, joy and what's right with your child. Avoid shame and blame. Recognize your children's efforts and communicate approval of your child as a person so that they can develop a positive view of themselves.

HELP KIDS TO EXPRESS MAD, SAD, OR HARD FEELINGS



Hard stuff happens. Helping kids find ways to share, talk, and process helps. Our kids learn from us.



REFLECTION:

What are your child's personal skills? What are your personal skills?