

Nurturing Resilience

10 Tips for Parents

Growing up is tougher than ever. Young people today must contend with stressors from a variety of sources. As parents, it's natural to want to shield our children from the hardships of life's ups and downs.

Whether it's bullying today or the loss of a job tomorrow, though, the resilience we nurture in children and teens as they develop toward independence will help them cope with the difficulties they encounter along life's path.



10 Skills to Teach

- 1. Connect.** With family, with friends, with a higher power. A strong network of family and friends and practicing spirituality can help ease the pain of inevitable disappointments.
- 2. Help others.** Children can find empowerment and purpose engaging in age-appropriate volunteer work or even by helping you with simple tasks they can master.
- 3. Maintain a routine.** Sticking to a routine can be comforting to children, especially to younger children who crave structure. Help your child build their own routines.
- 4. Take a break.** Too much routine and structure can be counter-productive. Find ways to give your child a break from the constant stream of daily projects or activities.
- 5. Practice self-care.** Lead by example and show your child the importance of making time to eat healthy, exercise, rest, and engage in an activity that brings joy.
- 6. Set goals, reasonably.** Teach your child to set reasonable goals – for school or personal projects – and show them that achieving goals is about moving toward them little by little.
- 7. Have a positive self-view.** Build self-worth by acknowledging ways your son or daughter has handled hardships in the past and reminding them that overcoming challenges helps build strength.
- 8. Keep perspective and hope.** Even in the face of painful events, help your child consider things with a long-term perspective. Use history to remind your child that life goes on even after bad events.
- 9. Engage in self-discovery.** Tough times are when people learn about themselves. Help your young person consider how a difficulty faced gives them a chance to learn about themselves and grow.
- 10. Accept change.** Change can be scary, especially for children and teens. Help your child understand change is a part of life and that new goals can replace old goals as life changes.

SOURCE: American Psychological Association