

# How To Raise Resilient Kids Who Never Give Up

1.

## BE A SUPPORTIVE ROLE MODEL

Model resilient behaviors. Be calm and consistent. Admit your own mistakes and talk about how you'll get better next time.



2.

## LET THEM MAKE MISTAKES

Let them see the consequences of their actions. They will learn how to bounce back from their mistakes and do better next time.



3.

## PRAISE THE RIGHT WAY

Give "process praise" by focusing on strategies, progress, or effort. Examples are: "I can tell you've been working really hard" or "You must feel very proud of yourself for learning how to do that." We want to teach kids that what matters is being honest, being kind, working hard. Helping kids to understand that it's all about their effort rather than the outcome is really important. It will help them be more resilient in life, when they fail or when they get rejected.



4.

## HELP THEM LEARN HOW TO LABEL THEIR FEELINGS AND EMOTIONS

When kids can label their emotions, they are less likely to act them out. If a child can say to you, "I'm mad", they're less likely to kick, shove or throw something. By helping kids feel comfortable talking about their emotions out loud, you are also giving them the skills to think about (and cope with) what's making them upset. Teach them that all emotions are okay.



5.

## TEACH THEM TO PROBLEM SOLVE

Don't rush to solve problems for them or tell them the solution. When kids say they are having a problem, it's tempting for them to blame other people. It can also be tempting for parents to give into this behavior and side with their child. This is a dangerous instinct, as it just reinforces that the child is the victim. Instead, brainstorm solutions with your child to address the challenge. Discuss potential consequences of each solution. Tell your child that life isn't always fair, but they are strong enough to handle the unfairness.

