

7 ways parents can help build resilience in kids

Resilience teaches kids the skills to cope, how to recover from hardships with confidence and optimism, and better prepares them for future challenges.

Here are seven ways you can give your child the tools they need to successfully navigate life's challenges.



BUILD COMPETENCE

- Point out strengths and abilities
- Don't compare
- Empower kids to make their own decisions
- Don't jump in to solve the problem



BUILD CONNECTIONS

- Spend quality time together
- Create a 'safe zone' at home for sharing problems
- Ensure physical and emotional security at home



BUILD COPING SKILLS

- Teach deep breathing exercises, stretching or squeezing a stress ball
- Help them think through the problem and come up with their own solutions
- Model optimism



BUILD CONFIDENCE

- Give praise for a good job
- Model self-compassion
- Encourage your child to go outside their comfort zone



BUILD CHARACTER

- Point out how behaviors affect others
- Model a caring attitude and empathy
- Embrace mistakes



BUILD A SENSE OF CONTROL AND ACCOUNTABILITY

- Point out that choices cause life events
- Use discipline for consequences, not punishment
- Focus on things that can be changed



BUILD PURPOSE

- Model generosity



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