

Principles of Resilient Parenting

- ✓ Prepare the child for the path and not the path for the child.
- ✓ Teach children the difference between explanations and excuses.
- ✓ Discourage self-indulgence and promote self-reliance.
- ✓ Teach your children that if they don't deal with life, life will deal with them.
- ✓ Teach your children that stewardship is a greater responsibility than ownership.
- ✓ Teach your children that life is less chance and more choice.
- ✓ Help your children to become adequate and capable rather than fearful and victimized.

Tools of Living

If we want our children to have a positive outlook on life we need to teach them to:

- ✓ Overcome failure
- ✓ Deal with disappointment
- ✓ Cultivate a healthy self-image
- ✓ Delay gratification
- ✓ Contribute to others
- ✓ Deal with struggle of life
- ✓ Become assertive rather than aggressive
- ✓ Examine their choices
- ✓ Think and problem solve
- ✓ Learn from their actions
- ✓ Live life with gratitude
- ✓ Have compassion for all living creatures

Principles of Encouraging Resiliency in Children

- ✓ Model the way
- ✓ Refuse to over rescue
- ✓ Focus on choice not chance
- ✓ Seize reachable and teachable moments
- ✓ Challenge the victim mentality
- ✓ Teach your children how to struggle
- ✓ Understand, Encourage, and Recognize



“The most powerful message you can give to a child to encourage success in life is ***you can deal with life!***”

Principles of Resilient Parenting

- ✓ Use the language, thoughts and attitudes of resilience (remember language creates reality).
- ✓ Focus on what can we do to make this better? What lesson did you learn? Next time, how will it be different?
- ✓ Focus on the behaviour and not the child (are/do).
- ✓ Be optimistic and encouraging (You can do this. Give it your best. Give it a try).
- ✓ Model resilient behaviour (audio in sync with your video)
- ✓ Remain stable in changing moments. (Don't let your behaviour match-losing it).
- ✓ Establish rituals (Reading, meals, gratitude, nature, family reflection time).
- ✓ Expect responsibility (incorporate it as a family value).
- ✓ BE consistent (use the above in a stable manner-put out a credible message.)