



Tips for Building Resiliency in Your Children

The 7 Cs of resilience, developed by pediatrician [Dr. Kenneth Ginsburg](#) and the [American Academy of Pediatrics](#) in the book, "A Parent's Guide to Building Resilience in Children and Teens: Giving Your Child Roots and Wings."

- **Build COMPETENCE in kids so they believe they can handle any difficult situation.**
 - Help children focus on their individual strengths and abilities.
 - Recognize competencies of siblings and avoid comparisons.
 - Empower children to make their own decisions.
 - Allow kids to experience discomfort, instead of jumping in too quickly to solve the problem.
 - Help them learn to work through issues and develop their own problem-solving skills.
- **Build CONFIDENCE and the belief in your children that they can problem solve on their own.**
 - Focus on the best in each child.
 - Recognize your children when they have done something well.
 - Praise real accomplishments with honesty and authenticity.
 - Model self-compassion by forgiving yourself and focusing on the good in yourself.
 - Encourage your children to go outside their comfort zone, like trying a new sport or school activity.
 - Do not push a child to take on more than they can handle.
- **Build a strong emotional CONNECTION with your children.** Close ties to family and friends give children a strong sense of security to stand on their own.
 - Spend quality time together, such as going for walks, playing games or eating meals together.
 - Create a 'safe zone' in your home where your children feel comfortable sharing with you their feelings or anything that is on their mind.
 - Ensure your children feel physical safety and emotional security at home.
 - Address conflict openly.
- **Build CHARACTER with a solid set of family morals and values to help kids determine right from wrong.**
 - Demonstrate how your children's behaviors affect others.
 - Model a caring attitude and empathy toward others by understanding their thoughts, feelings and behaviors.





- Help your child see themselves as a caring person.
- Avoid judging, stereotyping, or gossiping about others.
- **Build a sense of purpose by CONTRIBUTING to the well-being of others.** When kids see the importance of their contributions, they develop a sense of purpose and may be motivated to take action to improve their surroundings.
 - Stress the importance of serving others in need by modeling generosity.
 - Communicate and even show your children that some families do not have everything they need.
 - Create opportunities for each child to contribute in some way.
- **Build healthy COPING skills to prepare kids for life's difficult situations.**
 - Teach your children positive coping strategies, such as deep breathing exercises, stretching or squeezing a stress ball.
 - Realize that telling a child to stop a negative behavior does not work.
 - Understand that risky behaviors may be an attempt to alleviate stress.
 - Rather than lecturing your children on how to handle difficult situations, ask them questions to help them think through the problem and come up with their own solutions.
 - Model optimism and how to look for the positive in any situation.
- **Build a sense of CONTROL and accountability.** Children who understand that they can control the outcomes of their decisions have more trust in their ability to handle adverse situations.
 - Point out that many life events are caused by a person's choice or action.
 - Use discipline to teach your children, as opposed to punishing or controlling them.
 - Help them understand their actions produce certain consequences.
 - Guide your children to focus on things they can change and what they can do to change it.

