

# THE *Counseling* CONNECTION

## St. Hilary School

Ms. Becher and Mrs. Eldred

### Building Resilience in Kids

#### 7 C's of Resilience

1. **Competence** - the feeling of knowing you can handle a situation
2. **Confidence** - a child's belief in himself is derived from competence
3. **Connection** - developing close ties to family and community creates a solid sense of security that helps lead to strong values and prevents alternative destructive paths to love and attention
4. **Character** - children need to develop a solid set of morals and values to determine right from wrong and demonstrate a caring attitude toward others
5. **Contribution** - children need to realize that the world is a better place because they are in it; understanding the importance of personal contribution can serve as a source of purpose and motivation
6. **Coping** - learning to cope effectively with stress will help your child be prepared to overcome life's challenges
7. **Control** - children who realize that they can control the outcomes of their decisions are more likely to realize that they have the ability to bounce back

## October's Focus:

### Building Resilience in Kids

Kenneth Ginsburg, M.D., MS Ed, FAAP, Pediatrician at The Children's Hospital of Philadelphia, author of *A Parent's Guide to Building Resilience in Children and Teens: Giving Your Child Roots and Wings*



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## *I'm a Hummingbird Parent\**

*I hover nearby, but not over my kids.  
I remain distant enough to let them explore  
and learn to solve problems.  
I teach them skills, mainly by example.  
I zoom in only when their survival is threatened.  
My goal for them isn't a risk-free childhood,  
but a resilient life.*

Photo © Cheryl Charles

\* <http://blog.childrenandnature.org>

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