

# THE *Counseling* CONNECTION

St. Hilary School

Mrs. Eldred and Mrs. Parisi

## 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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## TIPS TO BUILD EMOTIONAL RESILIENCE IN KIDS

**Spend quality time with kids.**  
When they feel loved and supported, children develop emotional strength.

**Talk about feelings so your child learns to share their worries and fears with people they trust.**

**Instead of rushing to solve problems, give kids time to work things out themselves.**

**When children experience failure or disappointment, it's important to praise their effort and encourage them to try again.**

**Acknowledge your own mistakes to teach kids that mistakes are essential for learning and growth.**

**If your child can't find a solution to a problem, use gentle questioning to guide them towards it.**

**Ensure kids are eating well and getting enough sleep and exercise.**



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