

# THE *Counseling* CONNECTION

St. Hilary School

Mrs. Eldred and Mrs. Parisi

## It's Okay to Fail: Building Resilience In Our Kids

Though it's natural for parents to want to protect their children from disappointment, it can be harmful for their self-esteem.

"Parents who give permission for kids to fail are building social and emotional skills and qualities that last a lifetime: **persistence, positive self-image, self-confidence, self-control, problem-solving, self-sufficiency, focus and patience,**" Kim Metcalfe, a retired professor of early childhood education and psychology and author of Let's Build Extraordinary Youth Together says.

**If children don't have the opportunity to fail or make mistakes, they'll never learn how to recover and bounce back.**

### How to Teach Failure and Resilience Every Day

- Give young children chores to do around the house - most likely, something will go wrong, but it's a learning opportunity
- Allow older children to fill out their own school forms or call to schedule their own doctors' appointments - this can create a great sense of accomplishment and self-confidence
- When children do make mistakes, don't berate the child for the mistake but instead, ask them what they can learn or do differently
- Insist that children own up to and take responsibility for their mistakes but allow them to be part of the solution process
- Share stories of your own personal failures and how you were able to move forward

## April's Focus:

### Building Resilience in Kids

"You Need to Teach Your Kids to Fail. Here's How."

Caroline Bologna, Culture & Parenting Reporter,  
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