

THE *Counseling* CONNECTION

St. Hilary School

Mrs. Eldred, Mr. Murray, 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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Remember you are good enough
Everyone is different
Stop comparing yourself
Individuality rocks 
Learn something new daily
Involve yourself in what you love doing
Enjoy things that make you happy
Not everyone can be 1st, 2nd, or 3rd
Care about yourself and others
Expect that some days won't be great

www.casypeasykids.com.au

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