



Encouraging Children to Shine

APRIL 2018

Helping Children Develop Resiliency

Resiliency is the ability to adapt well to adversity, trauma, tragedy, threats or even significant sources of stress, as well as manage feelings of anxiety or uncertainty. No one is born resilient; rather it is something learned over time.

Since no one wants a child to experience these things, it can be difficult to actively foster resiliency in children. However, below are some simple tips to help children develop resiliency.

Let them learn from their mistakes. It is natural to want to solve a child's problems for them, but by allowing children to solve problems for themselves, they build confidence in their ability to problem solve, while also providing an effective 'teachable moment'.

Help them manage their emotions. Children learn very quickly, which powerful emotions get them what they want. Let children feel their feelings, and then help them manage them and learn what is appropriate.

Ask "how" rather than "why." Asking how questions such as, "how do you fix this," rather than, "why did you do this," shifts the focus of the question to what to do next, rather than asking for an ultimately unhelpful excuse.

Set an Example. Children are sponges for the behaviors and examples set by the people around them. It is no surprise then that one of the best ways to teach resiliency to children, is to be an example of resiliency in the face of challenges.

Spend time with them. Spending time with children helps them feel safe, and give them a strong base to explore the world. To learn more about making the most of your family time, register and attend the webinar, "Quality Time for the Time pressed Family". For full description and registration information, see the sidebar to the right. If you're unable to attend you can log on to the website at a later time to view the archived presentation.



MONTHLY WEBINAR

Wednesday, April 25th

QUALITY TIME FOR THE TIME-PRESSED FAMILY

Family meetings provide opportunities for parents and children to come together to share experiences and to plan family activities. The family meeting promotes harmony, cooperation and leadership by providing time to establish rules, make decisions and recognize positive aspects of family life. Come to this seminar to discuss the many advantages and all the dynamics that come into play when making time for regular family meetings.

To Register:

- [Click HERE](#)
- Select the time
- Or - click on "Upcoming Webinars" from the homepage of the website

ALWAYS AVAILABLE
ALWAYS CONFIDENTIAL