



Parent Education & Coaching • School In-Services • Bully Prevention Programs

Promoting  
healthy  
development  
and nurturing  
the unique  
potential  
of every  
child

## Raising Resilient Children

### Resilience Research:

Emotional health comes from:

1. A feeling of worth as a person – children develop self worth, self love and a sense of self thru experiencing unconditional love and a positive, loving connection with parents
2. The conviction that one can cope successfully – this conviction comes from:
  - Giving our children responsibility
  - Setting clear, consistent limits
  - Not rescuing children from problems and consequences, letting them experience challenges and failures and develop problem solving skills

### Essential Things Children Need To Develop Strong Sense of Self Worth:

Effective Parenting Tools

- Talking w/ respect
- Calm tone
- Gentle touch
- Eye contact
- Get down to child's level
- Firm & Kind approach
- Use encouraging statements
- Offer choices
- Empathy
- Setting Limits
- Plan ahead – give notice of time, remind child of rule
- Keep your cool – avoid yelling and avoid power struggles
- Loving guidance – guide the child to the correct behavior
- Respond vs. React
- Know your values and communicate them to your children

Unconditional Love

Strong Connected Relationship

Genuine Encounter Moments (GEMs)

Acceptance of Feelings

**Karen Jacobson, MA, LCPC, LMFT**

312-330-3194

[karen@parentingperspectives.com](mailto:karen@parentingperspectives.com)

1401 North Wieland, Unit N  
Chicago, Illinois 60610

**Lauren Bondy, MSW**

847-562-9503 / FAX 847-562-9497

[lauren@parentingperspectives.com](mailto:lauren@parentingperspectives.com)

1514 Chapel Court  
Northbrook, Illinois 60062

[www.parentingperspectives.com](http://www.parentingperspectives.com)

## **Ways to Encourage Responsibility & Resilience**

### **Limit Setting**

- Empathize
- State the Limit Clearly
- Offer a Choice or Ask What a Better Choice may be

### **Chores**

- Choices
- Enforceable Statements
- Make an Agreement
- Ask child to come up with a plan
- Make it fun
- Use natural or logical consequences
- Allow make-ups
- Not rescuing

### **Resisting Getting Over-Involved and Rescuing**

- Let children face struggle
- Let children experience the consequences of negative behavior
- Resist jumping in to solve problem for them
- Ask open ended questions
- Empathize
- Give space for feelings – sadness, anger, disappointment, rejection, guilt, etc
- Ask “How did you handle it?”
- Ask, “What do you wish you would have done differently?”
- Ask, “What ideas do you have to solve this problem?”
- Brainstorm – all ideas are okay, they evaluate the ideas
- What we protect we make weak

### **Gifts Children Really Need:**

- The gift of boredom and downtime
- The gift of waiting for what they want
- The gift of disappointment and struggle
- The gift of figuring things out things on their own
- The gift of chores, responsibility and working hard for something
- The gift of limits
- The gift of feelings
- The gift of our values