

# HELP YOUR CHILD TO BECOME MORE RESILIENT

First, I want to say thank you mom and or dad for taking the time to enter your email address and receive this checklist. Obtaining a resilient mindset at a young age sets your child up for long term success! Below is a simple checklist on what we should be doing as parents in order to grow and cultivate that resilient mindset in our children. There is no blueprint to being a great parent, unfortunately there is a lot of trial and error. We need to hold tight to the few things we know to be truths! One of them being the importance of mindset.

A resilient child is a happier child. Developing the capacity of your children to navigate their way to wellbeing or their ability to bounce back from failure provides them with skills that they can use throughout their lives to enhance their wellbeing.

These daily actions will support you in developing your child's capacity for resilience.

- *Mitchell R Tucker*



# RESILIENCE CHECKLIST

- Compliment your child regarding one of their strengths.
- Empower your child to make one or two decisions.
- Support your child in feeling competent to handle things.
- Avoid comparisons between your child and others.
- Focus on the best in your child's behavior and speech.
- Recognize and acknowledge desired behavior (when your child says or does something well).
- Actively listen when your child reaches out to share something.
- Allow the expression of all emotions (including the ones that are typically considered as negative). Help them identify each emotion and find positive ways to express it.
- Address conflict openly, kindly, and respectfully with the intention to resolve it together.
- Demonstrate resilient behavior by performing one self-care ritual.
- Encourage positive behavior instead of trying to control or stop the negative behavior.
- Show your child that it's okay to ask for help.
- Engage in creative play with your child.
- Express trust in your child's capacity to cope with confusion, fear, or worry.