



TRAIN YOUR CHILD TO BE RESILIENT

WHY IT'S IMPORTANT

Resiliency is the current buzzword in education. Basically, if you are resilient, you don't easily give up. You keep working until you have a solution to your problem or until you have learned the skills you need to be successful. We want our children to grow up to be resilient and productive adults, right? That means it's important to give them the tools to succeed.

Teach them to be resilient.

STEPS TO RESILIENT PROBLEM SOLVING

RECOGNIZE THE PROBLEM

Help your child identify problems that occur during the course of the day. I'm not just talking about problems that involve math. Any problem will do. This seems simple to us as adults, but children don't always find this intuitive. *Step One is understanding there is a problem to be solved.*

WHAT CAN I DO?

Here's where you can embrace your child's creativity by asking what needs to be done to solve the problem. Try to refrain from judgement here. Allow your child to brainstorm several ideas that might work and then decide on one to try out first. *Step Two is to decide what to try next.*

TRY OUT THE IDEA

Encourage your child to try out the idea. Sometimes our kiddos need some help with this step, but usually they can manage on their own. Make sure to only step in with assistance if your child asks for help. *Step Three is for your child to try out an idea to see what happens.*

HOW DID IT GO?

Objective evaluation is one of the most important skills a child can learn. Ask your child to reflect on what went well and what didn't go as expected. This is the time to praise effort and to encourage your child to improve on the solution. *Step Four is to reflect and evaluate.*

RINSE AND REPEAT

If the idea results in a solution that works perfectly, then it's time for a high five. If it didn't, no big deal. Send your child back to Step Two (or even Step One if a new problem arose) for another idea to try or to think of a way to improve. *When your child finally arrives at a solution after several tries, it's time for ice cream!*

PRO TIP FOR ADULTS

As the humans with the most experience in the room, we often want to tell our children how to solve their problems or that an idea won't work. Doing this robs our children of the ability to learn from their own experiences.

Instead of offering suggestions, support your child through the process, allowing them to make mistakes and learn what works best.