

# Raising Resilient Kids: Quick Guide for Parents

Helping your child thrive emotionally in a fast-paced world

## 1. Normalize Struggle

Let your child know it's okay to feel frustrated or disappointed. These emotions are part of growth.

Say: "Hard things help us grow stronger."

## 2. Focus on Problem-Solving, Not Perfection

Guide them to think about what they can do next.

Ask: "What's one small step you could take?"

## 3. Model Flexibility

Share how you adjust when things don't go as planned.

Say: "This didn't work out how I expected—but I'll try a different approach."

## 4. Celebrate Effort and Courage

Recognize bravery and persistence, not just results.

Say: "That took a lot of courage. I'm proud of you for trying."

## 5. Widen the Definition of Success

A good day can mean being kind, asking for help, or bouncing back from a hard moment.

Remind them: "Success is about who you are, not just what you achieve."

## Recommended Reading:

- Raising Resilient Kids – Rhonda Spencer-Hwang
- Building Resilience in Children and Teens – Kenneth R. Ginsburg
- The Yes Brain – Daniel J. Siegel & Tina Payne Bryson
- Emotional Agility – Susan David, Ph.D.