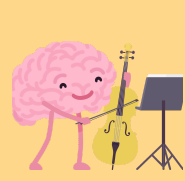


BUILDING RESILIENCE IN OUR KIDS



Normalize struggle as part of life

Let your child see that even adults have to try, fail, and adjust. Say, "That was tough for me too, but I kept working at it."

Encourage safe risks

Let your child try out for a team, speak in class, or invite a new friend to play, even if they might feel nervous.

Allow boredom and failure to be signs of growth

When kids say "I'm bored," encourage them to create something new, not reach for a screen. Discomfort often sparks creativity.

Make frustration & mistakes learning moments

If a puzzle feels too hard or a project doesn't turn out right, teach them to take a break and try again rather than giving up.

Let kids explore and get dirty

Climbing trees, helping in the kitchen, or tinkering with tools teach problem-solving and independence, even when things get messy.

Coach through challenges; don't remove them

When your child forgets their homework, resist rescuing them. Instead, help them think through how to handle it next time.