

# The Resilient Child: A Parent's Action Plan

*Building emotional strength isn't about removing obstacles; it's about giving children the tools to navigate them.*

## 1. Teach "Sitting" with Discomfort

Instead of rushing to fix a bad mood or solve a moment of boredom, help your child name the feeling. Validating that "it's okay to feel frustrated" helps them develop long-term emotional regulation.

- **Action Tip:** Use phrases like, *"I see you're feeling frustrated right now. It's okay to sit with that for a minute."*

## 2. Allow Failure

Stepping back when you see a mistake happening is difficult but essential. When kids fail in a safe environment, they learn that a setback isn't the end of the world—it's just valuable data for their next attempt.

- **Action Tip:** Focus on the process over the result. Ask, *"What did you learn from how that turned out?"*

## 3. Model Stress Management

Children watch how you handle a traffic jam or a burnt dinner more than they listen to lectures. Show them how an adult processes pressure in real-time.

- **Action Tip:** Narrate your process aloud: *"I'm feeling a bit overwhelmed right now, so I'm going to take three deep breaths before we start homework."*

## 4. Provide Opportunities for Independence

Assign age-appropriate chores or allow your child to navigate a small problem on their own. Each "I did it myself" moment builds a vital foundation of self-efficacy.

- **Action Tip:** Start small—let them pack their own school bag or choose their own outfit, even if it doesn't match.

## 5. Encourage Age -Appropriate Risk -Taking

Support "brave" choices that align with your child's current development. For a preschooler, this might mean climbing a higher playground ladder; for a pre -teen, it could be navigating a public bus route. By encouraging risks that are **challenging yet manageable** , you help them learn to assess safety and build genuine confidence.

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### Quick Reference: Healthy Risks by Age

Age Group	Example of a Healthy Risk
Toddler	Climbing a new structure at the park without a hand-hold.
Elementary	Initiating a conversation with a new peer or trying a new hobby.
Middle School	Navigating a local neighborhood route or staying home alone.
High School	Applying for a first job or taking a high-level elective course.