

Are you teaching your child how to be resilient?

All kids face obstacles. Encouraging resilience helps kids overcome them. Resilient students deal with challenges in positive ways—at home and at school. Answer yes or no to the questions below to see if you are helping your child develop resilience:

1. Do you give your child plenty of opportunities to make decisions? It's a skill that improves with practice.
2. Do you listen to your child when he is trying to make a decision without solving the problem for him?
3. Do you talk to your child about how you find a solution when you are faced with a problem?
4. Do you talk to your child about his strengths? Children draw on their strengths when facing challenges.
5. Do you remind your child when he's struggling how he has handled tough situations in the past?

How well are you doing?

Mostly yes answers mean you are helping your child become more resilient. For no answers, try those ideas from the quiz.

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