

RAISING RESILIENT KIDS: SIX TRAITS TO FOSTER FOR THEIR FUTURE HAPPINESS

DAUPHIN COUNTY MH/ID PROGRAM
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One of the most important things parents can pass on to their children is positive psychiatry. Positive psychiatry encompasses how you teach your children to develop psychosocial traits that promote resiliency and help them maneuver through life's inevitable challenges with the ability to bounce back. These traits are also protective in nature, and many studies have shown that they can prevent future mental illness.

Outside of the specific traits, is the importance of every child having at least one good adult relationship—someone who offers unconditional love—and good social engagement. As parents, really pay attention to your child. Actively listen when they talk. Comfort them when they are hurt or frightened; play with them; show empathy and teach them to be empathetic toward others. Help them develop a larger social network of friends and other adults in the community.

Resiliency Traits

Optimism. This is the idea that a good outcome will occur if we plan and problem-solve. Teach your children to find something to be grateful for, even in bad situations. Spirituality really helps foster this trait—the idea of a greater good, whatever it is, that gives a sense of direction and hope.

Courage. Don't overprotect; allow your children to take age-appropriate risk so they can see that they did it. Don't give them all the answers; let them figure things out. Encourage them to face their fears, with you by their side.

A sense of well-being. This includes self-control and learning to manage emotions, and to develop patience. It also includes a good diet, exercise and the right amount of sleep. When we are physically balanced and our bodies are taken care of, we are better able to deal with life's stresses.

Adaptability. Teaching this trait is very important because one of the things that children fear most is change. Change is inevitable, but that doesn't necessarily mean it will be bad. Teach your children not to be rigid and to give people the benefit of the doubt.

Self-sufficiency. This is an important trait that goes along with learning how to be confident. Focus on what your child can do instead of what he can't. If he is upset about a teacher at school, accompany him to school but allow him to do the talking.

Persistence. Don't let your children give up, and let them know it's okay to make mistakes. Some of life's best lessons are learned through failure.

The answer to how you can best teach your children resiliency traits is short: Model them. Take a moment to assess honestly your parenting style. It may take self-discipline and a concerted effort on your part to stop before you react, to handle situations in a new way. However, if you model resiliency for your children, hopefully it will come naturally to them when they are adults.

By Dr. Daisy Shirk, child and adolescent psychiatrist at Penn State Milton S. Hershey Medical Center - full article at http://www.centralpennparent.com/2018/raising-resilient-kids-six-traits-to-foster-for-their-future-happiness/?utm_source=cpp-daily-news&utm_medium=email&utm_campaign=cpp-daily-news-2018-01-11