

BUILDING THE 7 CS OF RESILIENCE IN YOUR CHILD

JANUARY RESOURCE SHARING

THE 7 CS:

- * Competence
- * Confidence
- * Connection
- * Character
- * Contribution
- * Coping
- * Control

Core Points Essential to Resilience

1. Young people live up or down to expectations we set for them. They need adults who believe in them unconditionally and hold them to the high expectations of putting in a good effort and of being compassionate, generous, and creative.
2. What we do to model healthy resilience strategies for our children is more important than anything we say about them. In this mailing, we will focus on **coping**.

Coping

Youth who learn to cope effectively with stress are better prepared to overcome life's challenges. The best protection against unsafe, worrisome behaviors may be a wide array of positive, adaptive coping strategies. Before we begin teaching stress-reduction skills, some basic questions to ask ourselves include:

- Do I help her understand the difference between a real emergency and something that just feels like a crisis?
- Do I model positive coping strategies on a consistent basis?
- Do I allow my teen downtime?
- Do I guide my child to develop positive, effective coping strategies?
- Do I believe that telling him to “just stop” the negative behaviors will do any good?
- Do I recognize that for many young people, risk behaviors are attempts to alleviate their stress and pain?

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Coping (continued from first page)

- If my child participates in negative behaviors, do I condemn her for it? Do I recognize that I may only increase her sense of shame and therefore drive her toward more negativity?
- Do I model problem-solving step-by-step, or do I just react emotionally when I'm overwhelmed?
- Do I model the importance of caring for our bodies through exercise, good nutrition, and adequate sleep?
- Do I model relaxation techniques?
- Do I create a family environment in which talking, listening, and sharing are safe, comfortable, and productive?

Then Try These Things:

- Encourage your child or teen to have some downtime.
- Take five deep breaths.
- Give yourself a timeout, especially before discussing a difficult topic or negative behavior with your child.
- Break problems into small, manageable tasks.
- Get enough sleep, exercise, and eat well.
- Listen to your child or teen without reacting negatively.