

25 Ideas For How You Can Teach Your Kids Resilience

by Chelsea Lee Smith

The list below is not your typical “do and don’t” list but rather a set of prompts to begin reflecting on ways you can teach your children resilience through simple interactions every day.

1. Give your child independence to try new things they initiate, such as climbing at the playground or opening a container, even if you think it is “too hard” for them.
2. Encourage your child to serve others or let others go first when sharing food.
3. Give your child the opportunity to wait patiently when it is required (such as in a restaurant or during a car ride); do not always provide entertainment.
4. Show your child that it is worth making a good decision for the long run even if it’s not the easiest, such as choosing healthy foods over junk foods even if they take longer to prepare.
5. Do not give your child every single physical thing they desire (toys, food, clothes, etc) even if “everyone else has it.”
6. Enable your child to give toys and clothes away regularly to charity, and teach them that material possessions are simply tools and not answers to happiness.
7. Give your child opportunities to help others younger than them, starting with simple ways such as showing the other child pictures in a book.
8. Teach your child to identify struggles as challenges to overcome, not tests to avoid, and teach them phrases such as “this too shall pass” or “every challenge makes you stronger” to spark this outlook.
9. Encourage your child to maintain a positive attitude about chores or homework by teaching them creative ways to find fun in work.
10. If your child is older, give them the chance to wait for family meals instead of snacking any time they want.
11. Remind your child to be patient with a younger sibling’s interference with their toys; teach them that relationships are more important than *things*.
12. Help your child learn self control regarding electronic mediums and entertainment by demonstrating your own restraint.
13. Allow your child to experience the extremes of temperature by dressing accordingly, not hiding away from the weather.
14. Resist the urge to run to your child’s rescue immediately, such as when you see them having trouble putting on clothes or feeding themselves.
15. Do not allow your child to interrupt when adults are speaking to one another; set up an age-appropriate method for them to practice taking their turn.

16. Give your child many opportunities to share their belongings and their food, by inviting guests over and setting up ways they can be generous.
17. Introduce new experiences to your child which will help them step outside their comfort zone, such as playing with children who speak another language and trying new foods.
18. Do not give in when you have set a limit, such as an amount of TV they can watch or how much dessert they can have.
19. When your child wants to find something, let them look for it.
20. Teach your child how to be responsible for their own clothes as early as possible: to sort and wash and put them away – including washing clothes by hand and hanging them out to dry.
21. Remind your children to do their best on school work, even if it means taking longer than they would like or staying up a bit later than normal.
22. Require that responsibilities be completed even when your child does not feel like it, such as making beds, taking a bath, feeding the pets, and brushing teeth.
23. When your child really wishes they had something, teach them to be grateful and find the best in whatever situation they are in.
24. Let your child own their feelings, even if they are challenging, by not belittling the emotions but giving them a way to maintain perspective through phrases such as “Every challenge makes me stronger” or “A rainbow will come after the storm.”
25. Enable your child to gain perspective about their reality by volunteering for charitable organizations that serve people who do not have the same life circumstances.

To read the full article this list was posted with, visit:

<http://creativewithkids.com/25-ideas-for-teaching-your-kids-resiliency/>



Chelsea Lee Smith is the mother of two boys and blogs at MomentsADay.com sharing activities, ideas, and resources for families to connect, build character, and make a difference. She believes in using small moments throughout the day to help children learn how to use their head, heart, and hands to make the world a better place.

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