

# How to Raise a Resilient Child With Strong Coping Skills

## 1. Strike a Balance Between Supporting and Overprotecting

Let your child struggle with a problem — it **stretches your child's mind**, creating new connections and helping them develop solutions.



## 2. Help Children Identify Emotions and Appropriate Responses

Behind every behavior is an emotion. Recognize these emotions, label them, and then work through them to **help children develop skills** to deal with similar situations in the future.



Happy



Sad



Confused



Excited



Frustrated

## 3. Encourage Children to Solve Their Problems

Replace rescuing with coping skill education to help them **learn to help themselves**. Provide a coping skills box with a list of activities or items to help soothe strong emotions — a weighted blanket, puzzles, putty, and fidget toys.



## 4. Model the Skills and Behavior You Want Children to Exhibit

Take advantage of your own **difficult moments** to help children learn how to navigate big feelings. When traffic is making you late and you want to rage, **breathe**. Tell your child what you are doing and why.



## 5. Help Children Determine Their Threshold and Set Their Boundaries

If you sense your child becoming overly frustrated, **identify physical symptoms** you see and offer supportive solutions.



# Advanced Strategies Raising Resilient Kids

**J Elliott**



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