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.

3. Encourage Children to Solve Their Problems

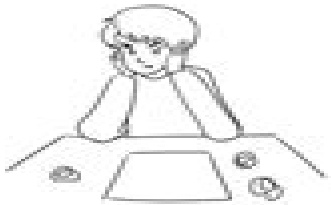
Replace rescuing with coping skill education to help them **learn to help themselves.** Provide a coping skills box with a list of activities or items to help soothe strong emotions — a weighted blanket, puzzles, putty, and fidget toys.

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.



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Advanced Strategies Raising Resilient Kids

Robert R. Redfield

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