

Before we begin, ponder why resilience is important?

Resilience is the capacity to recover quickly from difficulties. We can nurture it in our children and teens by **respecting** our children, **training** them in specific ways, **enjoying** them, and encouraging them to **pursue wisdom**.

1. Nurture resilience by showing **respect** our children and teens by:

A. Listening to them

B. Be available

C. Value their _____.

D. Train them in _____.

E. Value and guard their areas of strength, their islands of _____.
(Dr. Robert Brooks)

F. Respect how they are different from _____.

G. Set _____.

H. Keep _____.

2. Help our teens and children to be more resilient by **training** them to develop:

A. Emotional awareness, which is:

- B. Good physical habits to _____ themselves:

- C. Value of unstructured _____

- D. Their natural desire to _____ (Brooks & Goldstein)

Notice when kids are responsible in any area, don't just focus on _____.

- E. Ability to deal well with _____.

- F. Gratitude

3. Enjoy your children

- A. Laugh with them and encourage a healthy _____
- B. Spend _____

4. Encourage them to **love and pursue** _____

- A. compliment them on _____
- B. help them to be wise and self aware by _____
- C. Pray for _____
- D. Encourage them to _____

Resources

Kathy Kuhl's books, *Encouraging Your Child*, *Staying Sane as You Homeschool*, and *Homeschooling Your Struggling Learner* – a handbook for anyone helping students overcome learning challenges.

Paul David Tripp, *Age of Opportunity*.

Dr. John Gottman, *Raising an Emotionally Intelligent Child*.

Dr. Robert Brooks and Dr. Sam Goldstein, *Raising Resilient Children*

Wayne Rice, *Enjoy Your Middle Schooler*

Dr. Kathy Koch, *8 Great Smarts*.

For more information or to request a consultation, email Kathy using the contact form at LearnDifferently.com.