

## **Raising Resilient Children**

**Robert Brooks and Sam Goldstein**

Resiliency is the 'ability of a child to deal more effectively with stress and pressure, to cope with everyday challenges, to bounce back from disappointments, adversity, and trauma, to develop clear and realistic goals, to solve problems, to relate comfortably with others, and to treat oneself and others with respect.'

Parents who foster these traits in kids are: empathetic themselves, communicate effectively and listen actively, change their own 'negative scripts', accept their children for who they are and help them set realistic goals, help their children experience and identify their own 'islands of competence', help children recognize mistakes as learning experiences, and provide children with opportunities to contribute meaningfully.

Executive Summary:

The book boils down to a handful of skills, tactics, approaches and solutions for us as parents to be more empathetic towards our children. If we can empathize effectively with them (rather than simply shortcutting and providing a solution as we tend to do), we hear them and we can help them come up with their own solutions (while creating an avenue where they may ask for our help willingly). Empathy is really the root of all of our communication abilities with our kids.

Our own emotional turmoil (anger, frustration), our own past experiences (what did our parents do when we went through this? How did we react? Did we want something different?), our own habits, our own desires to solve their problems, our inability to hear them in these moments, all interfere with our ability to serve our children and help them grow and be resilient. By taking stock in our own past, our own behaviors, our own 'scripts' that we enact, we can be more emotionally present for our kids, more empathetic to their journey, and better able to assist them in developing their own resilience.