

OVERCOMING ADVERSITY

Adversity can be a difficult experience to navigate through. It can cause distress and confusion.

Teaching kids how to be resilient in the face of adversity is key to reaching success in life. As a parent, how you model handling this challenge will also set the stage for how your child will learn to handle the same experiences in life.

4 key factors to increase the likelihood of positive outcomes for children facing adversity:

1. Availability of at least one stable, caring and supportive adult.
2. Helping children build a sense of mastery over their life circumstances.
3. Development of the ability to manage behavior and emotions and cope effectively with stress.
4. Supportive context of cultural or faith-based traditions.



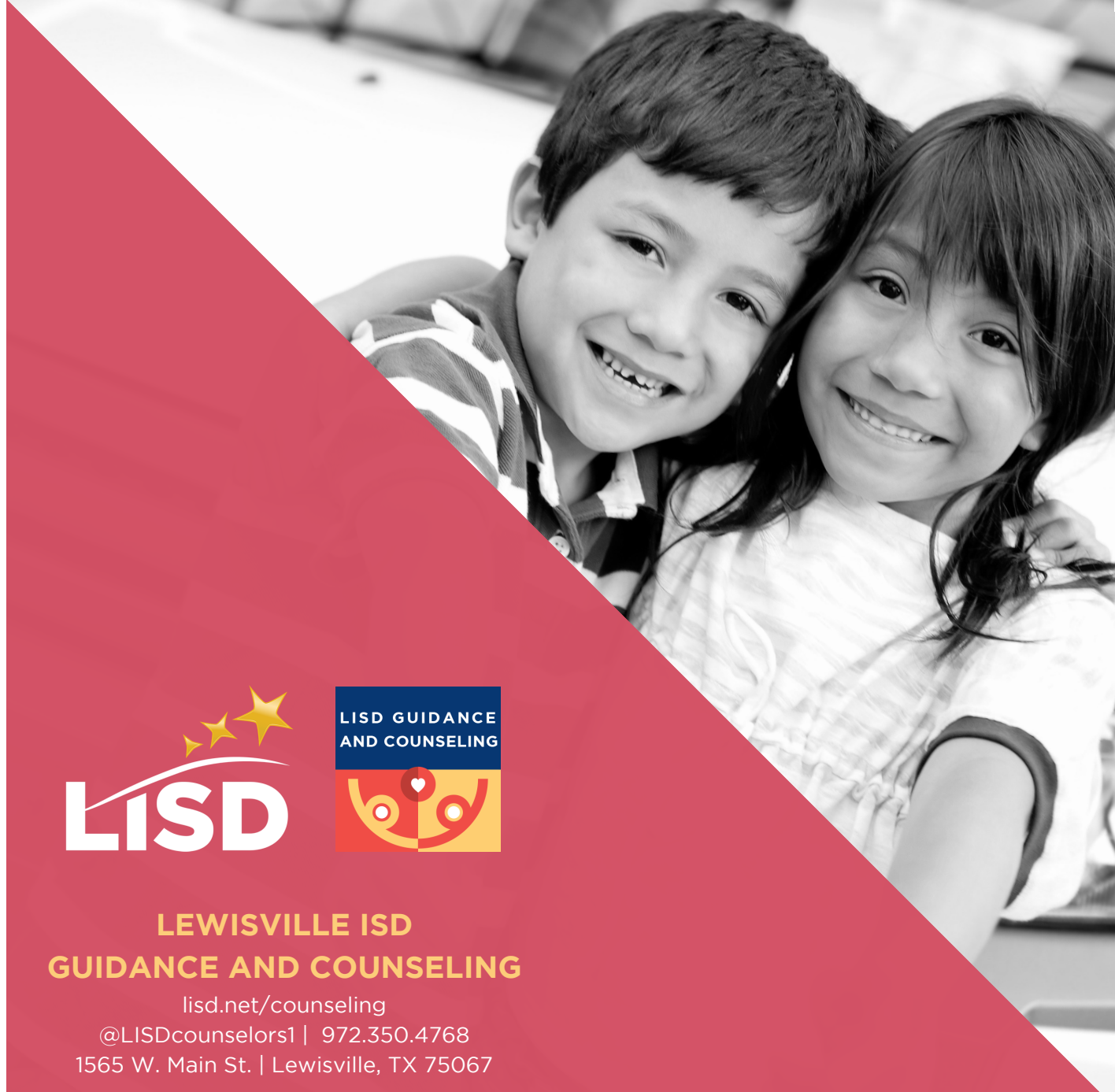
LEWISVILLE ISD GUIDANCE AND COUNSELING

lisd.net/counseling

@LISDcounselors1 | 972.350.4768

1565 W. Main St. | Lewisville, TX 75067

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TIPS TO TEACH

Put a challenge in front your child:

- Allow them to take risks, give the opportunity to pursue at least one difficult thing.
- Don't set them up for failure, but give them chances to problem solve until they come up with a good solution.

Promote perseverance:

- Teach seeing things through on all activities until completion.
- Teach that not giving up is a strong character quality.
- See it through.

Be a nudge:

- Let your kids know that you expect them to do their best and to create a structure that will help them do it.
- "Nudge" them to keep thinking and considering options and possibilities in ways to solve adversity.

Boredom and frustration:

- Success rarely occurs on the first try. Being confused, frustrated, and sometimes completely bored out of your mind is part of the journey. Model perseverance. Instead of jumping in with a solution when your child hits a roadblock, see if he/she can come up with a way around it on their own.
- Challenge kids to try to find ways to make it more challenging and fun when they hit the frustration or boredom level.

Let them fall — and model resilience:

- Share your own struggles and even failures.
- Model grace and calm determination when facing your own setbacks.

Triumphs and victories

- Share how you overcame adversity.
- Share the lessons YOU learned through the process.
- Share how you are better for having persevered and not giving up.

Focus family discussions on effort rather than grades or innate skill.

- Be a role model of "grit."
- Try new things and talk about how difficult they are and how they don't come easily to you.
- Talk about your own goals, like running a half-marathon, and explain how you set smaller goals to achieve them.
- Share your own struggles and how you got past them.

Instead of praising your kid for his grades or for being "smart," praise him for being tenacious and determined.

- Focusing on those qualities of "stick-to-it-ness" may help kids succeed more than praise for particular achievements.

Allow your child to get frustrated.

Parents hate to see their kids struggle, but learning from challenges (as well as failure) is the key to making the connection for kids that true achievement doesn't come easily.

RESOURCES

How Supportive Relationships Help Children Develop Resilience

tucsonbig.org/overcoming-adversity-supportive-relationships-help-children-develop-resilience/

Grit: The Key Ingredient to your Kids' Success

washingtonpost.com/news/parenting/wp/2015/03/09/grit-the-key-ingredient-to-your-kids-success

Angela Duckworth: 4 Talks on Human

Behavior ted.com/playlists/123/angela_duckworth_4_talks_on_h

Grit: The Power of Passion and Perseverance

ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_perseverance

The Power of Defeat: How to Raise a Kid with

Grit scholastic.com/parents/family-life/social-emotional-learning/social-skills-for-kids/power-defeat-how-to-raise-kid-grit.html

How Children Succeed by Paul Tough

Gift of Failure by Jessica Lahey

Parenting with Love and Logic by Cline and Fay

