

## 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.



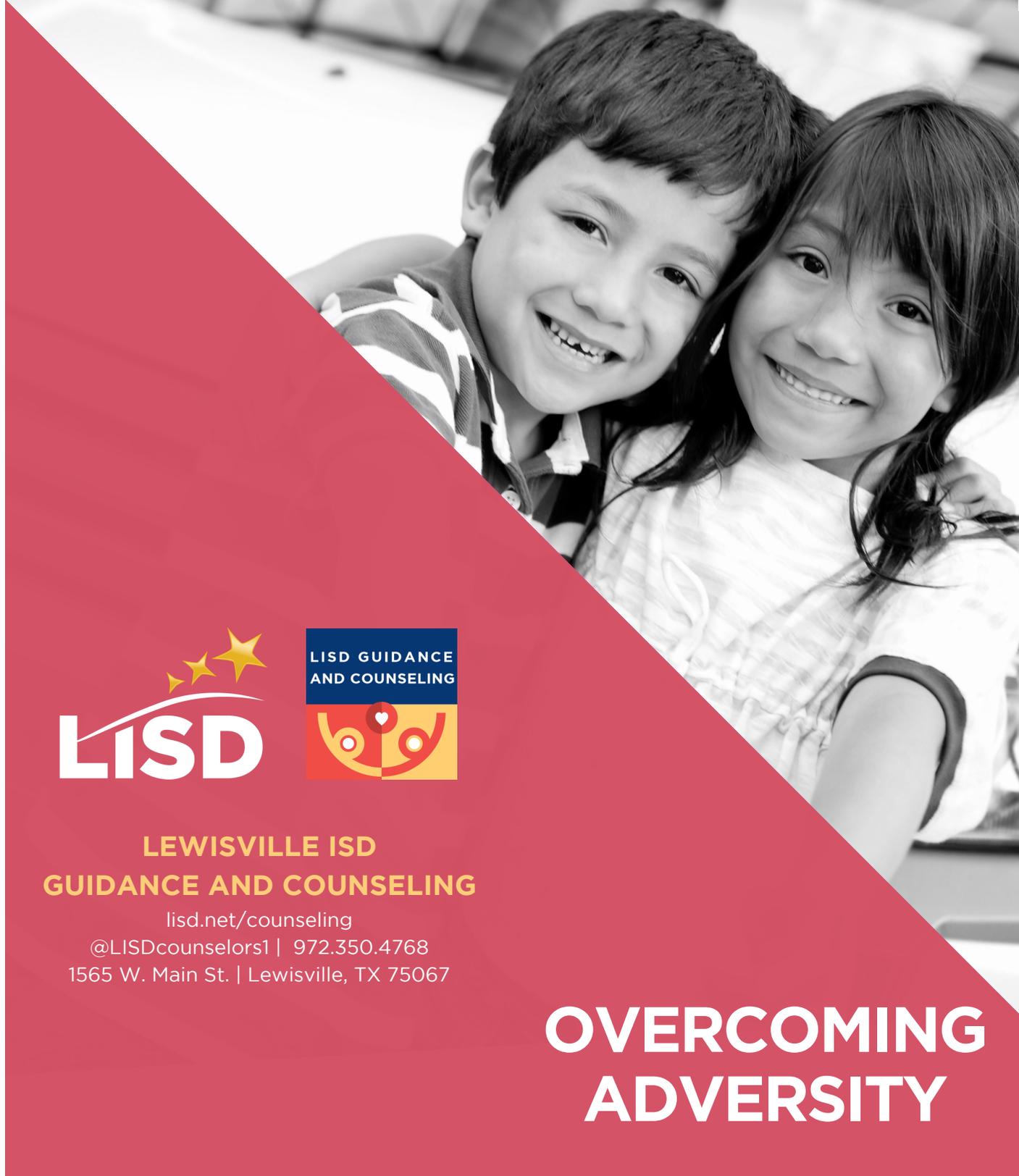
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# OVERCOMING ADVERSITY



## 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/](http://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](http://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](http://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](http://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](http://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

