

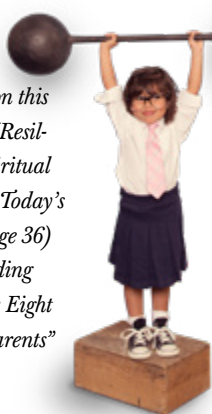


# HOW TO HELP CHILDREN BECOME MORE RESILIENT

“**T**he original definition of the word *resilience* had to do with a material’s ability to resume its shape or position after being bent, stretched, or compressed. Today we commonly use the word to describe our ability to bounce back from adversity. . . .

“As children develop resilience, they believe they can influence and even control outcomes in their lives through effort, imagination, knowledge, and skill. . . . They focus on what they *can* do rather than on what is outside their control” (Lyle J. Burrup, “Raising Resilient Children,” *Ensign*, Mar. 2013, 13).

For more on this topic, see “Resilience—Spiritual Armor for Today’s Youth” (page 36) and “Building Resilience: Eight Tips for Parents” (page 42).



**Consistently offer** desirable rewards for the actions and behaviors you would like to reinforce.

Tell **children** they **have inherent worth** because they are sons or daughters of God.



**Praise** children’s efforts.

**Discuss rules** and set logical consequences that are reasonable, related to the behavior, and respectful of both parent and child.

**Define success** as a product of hard work and sacrifice.

**Define failure** as temporary and as an opportunity to learn.