

WHAT RESILIENCE ACTUALLY MEANS

Resilience is not toughness. It is not telling children to 'shake it off' or 'stop crying.' Resilience is the ability to feel something hard, process it, and keep going. **It is built slowly, at home, through the small daily moments of how parents respond to struggle, failure, and emotion.** The good news: resilience is not a personality trait your child either has or doesn't. It is a skill — and you can help build it.

■ Harvard's Center on the Developing Child identifies the single most important factor in resilience as having at least one stable, caring, and consistent adult relationship. You do not have to be perfect — you just have to be present.

7 TIPS FOR RAISING RESILIENT, CONFIDENT CHILDREN

#	Tip	What It Looks Like at Home	Try This
1	Praise effort — not outcome.	Saying 'You worked so hard on that' builds resilience. 'You're so smart' teaches children to avoid challenges they might fail at.	Replace 'You're amazing' with 'I saw how hard you tried on that.' Reward the process, not just the result.
2	Let them struggle — just a little.	The instinct to fix everything immediately robs children of the experience of working through difficulty themselves.	Before stepping in, ask: 'What have you tried so far?' Give them one minute to work it out before offering help.
3	Let natural consequences teach.	Forgot their lunch? They will be hungry. Didn't finish homework? They face the teacher. These lessons stick far longer than lectures.	Step back from rescuing when the consequence is safe, temporary, and age-appropriate. Let reality be the teacher.
4	Model how you handle failure.	Children learn emotional regulation by watching adults. When you handle setbacks with perspective, they internalize that capacity.	Say out loud: 'That didn't go the way I planned. Here's what I'm going to do differently.' Let them see you recover.
5	Give them real responsibility.	Chores, errands, and age-appropriate decisions build competence. Children who contribute to the household believe they are capable.	Give one responsibility they own completely — even if they do it imperfectly. Resist the urge to redo it for them.
6	Name and validate emotions — don't dismiss them.	'Big kids don't cry' teaches children to suppress feelings. Suppressed feelings become bigger problems in adolescence and adulthood.	Try: 'I can see you're really frustrated. That makes sense.' Name the emotion first — then address the behavior.
7	Build a sense of belonging and identity.	Children who know who they are and where they belong are far more resilient when life gets hard.	Regularly tell your child: who they are, whose they are, what they are good at, and why they matter to your family and to God.

MY ACTION PLAN — FILL THIS IN

My Child's Strengths Three things my child does well: 1. _____ 2. _____ 3. _____ A struggle I will let them work through: _____	What I Will Try This Week One tip from this guide I will put into practice: _____ _____ How I will model resilience in front of my child: _____ _____ One responsibility I will give my child: _____ _____	Words I Will Say to My Child Fill in and say these this week: "I am proud of you because..." _____ "You are good at..." _____ "In our family, you belong because..." _____ "God made you to..." _____
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■ KFM FAMILY FIRST PROGRAMS — Emergency Assistance for Families in Need

Kingdom Family Ministry's Family First Programs provide emergency assistance to families in need. Our goal is to strengthen families with meaningful, responsible support. Assistance is available once per service category within a 12-month period, based on funding availability. <i>Serving Montgomery County and North Harris County area families.</i>	Learn more and apply: www.kingdomfamilyministry.org/gethelp ✉ support@kingdomfamilyministry.org ☎ 936-280-0822 <i>If your family is going through a hard season, you do not have to face it alone. Reach out.</i>
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RESOURCES

Center on the Developing Child — Harvard developingchild.harvard.edu — Research on resilience, brain development, and what children need from caregivers. Greater Good Science Center — UC Berkeley greatergood.berkeley.edu — Science-based articles and practices for raising resilient, emotionally healthy kids. Child Mind Institute childmind.org — Practical guides on building confidence, managing emotions, and supporting children through challenges.	American Psychological Association — Resilience Guide apa.org — 'The Road to Resilience' — research-backed tips for building resilience in children and teens. Focus on the Family — Parenting Resources focusonthefamily.com — Faith-based parenting tools, articles, and counselor referrals for families at every stage.
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◆ FAITH & ENCOURAGEMENT

"I can do all this through him who gives me strength." — Philippians 4:13 (NIV)

The confidence we want our children to carry is not confidence in themselves alone — it is confidence rooted in knowing whose they are. When children know they are loved by God and by you, they have something to stand on that no failure can take away.

My Prayer / Reflection _____ _____ _____	My Action Step This Week _____ _____ _____
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