

got resilience?



Self-Esteem: Tara Levinson, Ph.D.

- Encourage your child to take risks and have a variety of interests, friends, and connections within the community. "You miss 100% of the shots you don't take."
- Teach your child to fail and to get back on their feet. We don't learn unless we fail.
- Empower your child to advocate for him/herself. Teach them to talk to strangers, use eye contact, and articulate their point of view assertively.
- Stress happens. Teach and model healthy coping skills.
- Talk. Talk. And talk some more with your child. Do you know how your child's day was? Who they spent time with? What makes them tick? Make sure your child knows you value their thoughts and ideas.



Adult Role-Models: Jamie Roach-Murray, M. D.

- Be the person you hope your children will be as adults by modeling a positive healthy lifestyle.
- Encourage open and honest communication with your children and other youth. Be willing to admit your mistakes and share with young people the actions you intend to take to fix them.
- Be consistent and clear about your expectations. Expect young people to behave responsibly.
- Be caring, be kind, set limits. You are the parent and it is your job to set clear rules and boundaries and give consequences when the rules are not followed.
- Encourage your child to find adult mentors that model responsible behavior. Speak up when adults are acting irresponsibly around children.





Peer Pressure & Resistance Skills: Debi Boccanfuso, Ed.D.

- Remember they are a work in progress...Help them to see their progress and what they are becoming!
- Talk less and listen MORE! Then ask them what they want you to do for them.
- Let them take their consequences!
- Send CLEAR messages about your values, expectations, hopes, and dreams for them.
- DON'T get on the roller coaster with them. Watch from the sidelines!



Family Boundaries: Tracey Masella, LCSW

- Consistency is the key! Think about a slot machine. Why do people keep putting nickels in the slot?
- Rules should be based on safety concerns. Safety concerns are non-negotiable.
- Turn the tables. Try to see things from your kid's point of view. What is the emotion behind their request?
- The goal of adolescence is to become independent from parents. Help your child achieve independence.
- Focus on what your adolescent is doing well, rather than what might not be going so well.



Planning & Decision Making: Vince Benevento, LPC

- Model investment in family that kids can emulate.
- Own parental responsibility to limit access to technology.
- Don't negotiate and do what you say you will.
- Embrace a flexible approach to timeline and the end goal.
- Allow your kids to fail: early, fast, and inexpensively.



For more information about the 40 Developmental Assets—that help young children grow up healthy, caring, and responsible, visit www.communityfunddarien.org