

4 Tips for Raising Resilient Children

Description

For many adults, reminiscing about childhood was all about thinking about how carefree life was before adulthood. No responsibilities, no bills, no work, just fun time. While this may be true, it's also important to realize that the second that many children hit adulthood, they're just far too overwhelmed with the pressures of being an adult.

That's why it's important to start when children are young, teaching them about responsibility, teaching them to tend to their own needs, fitting in, and so much more. Children have a lot of stuff they need to learn about but it can be far too much if they're only learning as an adult. Resilience is what will help a child become a problem solver and it's also what is going to help in navigating adulthood. These tips are going to help you raise your children to be resilient and take what life throws at them

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Teach them about emergencies

Emergencies can come at any time and they can indeed come in many forms as well. This can include teaching them what the [urgent care](#) facility is, what an emergency room is, the importance of 911, and how to properly assess a situation. Parents aren't always going to be there for their children when an emergency strikes. While it's true they need to learn for themselves, they must be taught the basics so they can stay level-headed during an emergency.

Show how resilient you are

Sometimes, all it takes is showing your child how resilient you are. Children look up to their parents. Even if you lose your cool at times, showing that you're [regaining control of life situations](#) is one way to show your resilience. Nobody is perfect and everyone screws up, even the best parents do. Admitting to your mistakes, admitting to the faults you have, and apologizing when you're in the wrong shows how mature you are and it also shows that your child needs to learn about this too. These are things that they tend to naturally pick up on.

Allowing your child to make mistakes

You as a parent make mistakes, so it's okay to let your child make mistakes too. This is going to teach them to improve. This is also going to allow them the opportunity to learn right from wrong and admit themselves to when they make a mistake. Slip-ups happen from time to time and they will usually learn the consequences of their actions. A couple of great ways to teach them about mistakes and cause and effect would be through playing video games with your child or even [board games](#).

Don't be a helicopter

As a parent, it's going to be difficult to not want to huddle and watch over them. This is very natural to do, but it honestly does far more harm than it does good. It's important to be helpful towards your child but you also have to give them the freedom to make their own decisions. This is going to be the way to teach your children about limits and let them know that at times they need to limit themselves.

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