

Exploring Challenging Parenting Issues:

Teaching Kids to Think Positive & Feel Good Characteristics of Resilient People

Dealing with Frustrations:

How do you, as a parent, currently help your children deal with frustration?

How do you help them share their “negative” thoughts or disappointments?

How does this work for you when you have more than one child?

Personal Characteristics:

A child is both with their own:

- * Temperament
- * Sleep-wake cycle
- * Level of patience or tolerance level
- * Sensitivity to noise and touch
- * Resistance to infection
- * Ability to adapt to change
- * Need for affection
- * Ability to bond

Parents come to the relationship with their child with their own:

- Temperament
- Sleep-wake cycle
- Level of patience or tolerance level
- Sensitivity to noise and touch
- Resistance to infection
- Ability to adapt to change
- Need for affection
- Ability to bond
- Prior experience with other children
- Old parenting “tapes” from their own childhood experiences

In addition parents have STRESS:

- Relationships
- Work
- Health
- Finances
- Community

Child’s Characteristics + Parent’s Characteristics + Social Stresses = Interactive Fit

Five Characteristics of Resilient People:

1. Have an inner sense of personal responsibility
2. Have a sense of purpose, focused on goals that are important to them.
3. They are able to learn from their mistakes.
4. Surround themselves with positive people.
5. Talk to themselves in a positive and supportive way.

Nine Tips to Enhance a Child's Self-Esteem:

1. Teach your child to change her demands to preferences. This will lessen her anger when she doesn't get what she wants.
2. Encourage your child to ask for what she wants assertively, not aggressively. Be sure to point out that there is no guarantee she will always get what she wants, but her manner of asking will make a difference.
3. Let your child know that she creates and is responsible for any feelings she experiences. As well, let her know that she is not responsible for others' feelings. Be careful that you don't blame a child for how you feel.
4. Encourage your child to develop hobbies and interests that give her pleasure and which she can pursue independently.
5. Let your child settle his own disputes with siblings and friends alike.
6. Help your child develop "tease tolerance." Help her learn to cope with teasing by ignoring it while using positive self-talk such as, "Names can never hurt me."
7. Help your child learn to focus on his strengths by pointing out to him all the things that he can do.
8. Encourage your child to follow the golden rule with himself: to behave toward himself the way he's like his friends to behave toward him. This is the beginning of self-love and self-worth.
9. Help your child think in terms of alternative options and possibilities rather than depend upon one option for satisfaction. A child who has only one friend and loses that friend is friendless. However, a child who has many friends and loses one still has many. This same principle holds true in many different areas. If your child thinks he can only be satisfied with one option, he limits his ability to be satisfied. The more you help your child realize that there are many options in every situation, the more you increase his potential for satisfaction.

Helping our Children Deal with Frustrations:

Can you describe a recent situation where your child experienced great disappointment?

How did you react?

Do you feel you handled the situation appropriately?

What would you do different?

We would be interested in receiving your feedback on this parent workshop information. Please send comments to pkinnaird@elmiracityschools.com

For more information on this or any other parenting topic please contact the Elmira City School District Parent Child Resource Center at 607.735.3593.

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