



FIVE FOR FAMILIES IDEA

Growing Your Child's Inner Strength

Learning how to cope with setbacks helps kids grow and prepare for future challenges. You can help your child get through difficult experiences and develop their inner strength.

Pause and listen: Let kids process experiences before jumping in and fixing things.

Talk about it: Ask kids how challenges make them feel. Don't interrupt. Repeat your understanding of what they say.

Look for positives: Problem solve together. Try to identify any good that may come from a challenge.

Seek support: Know when your family is overwhelmed, and seek help from a professional, like a doctor or counselor.