Teach RESILIENCE
Raising Kids Who Can Launch!

BY DOCTOR G
DEBORAH GILBOA, MD
WWW.ASKDOCTORG.COM
THE 3 R’S OF PARENTING SERIES

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Raising Kids Who Can Launch!

BY DOCTOR G
(Deborah Gilboa, MD)
www.AskDoctorG.com
WHY TEACH RESILIENCY?

*Resilience means the ability to recover from adversity.*

Parents want to protect children from all difficulty and suffering, but of course we can’t. We help our kids most by giving them the tools they need to handle tough situations.

This book offers 50 opportunities to build our children’s resilience and self-esteem.

The best part? You’re doing most of these things already. Involve your child in a slightly different way and you’ll find them mastering skills that actually make your life easier.

Resilience grows each time we give our kids a new skill.

Build resilient kids and be amazed at how they overcome the challenges life hands out!

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Bad things happen.
Resilience is what we do next!
HOW TO USE THIS BOOK

NAVIGATE BY AGE:
The age listed for each tip is the “usual” age that a child can handle the skills needed for that task. Very few kids are predictable (mine sure aren’t), so don’t worry if yours fits a little differently!

Find the age of your child in the corner:

- ALL AGES
- 8 TO 10
- 11 TO 14

Read the tips in the younger ages to see other opportunities for teaching resilience.

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NAVIGATE BY CATEGORY:

- SELF-CARE
- OCCASIONAL EVENTS
- AROUND THE HOUSE
- ERRANDS
- CRISIS MANAGEMENT
FOR ALL AGES
Want more than one word answers about your child’s day? Teach resilience by finding the highs and lows of their – and your – experiences.

At dinner (or in the car, etc) ask each person for a high, a low, and a high from the day. Kids will learn:

✓ To express emotions.
✓ To evaluate their experiences.
✓ To find more good than bad.
✓ To listen.
✓ That adults have highs and lows also, and how we handle them!
Hope for the best, plan for the worst.

✓ TEACH fire safety. Matches, stoves, candles – talk about it!
✓ SHOW your kids the smoke detectors, explain how they work, and why they matter.
✓ GET a fire extinguisher, teach kids (8 and up) how to use it.
✓ MAKE a plan and have a drill!

Resilience is what we do next.

Use this link for more information on home fire prevention and escape.

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When we give our kids advice on how to solve a problem they get a solution they maybe hadn’t thought of yet! However, they don’t get:

✓ To practice brainstorming solutions.
✓ To look for resources that could help.
✓ Our faith that they can solve it.
✓ The confidence that comes with finding their own solutions.

“I’ll be interested to see what you do, kiddo!”

Not giving advice is much harder than stepping in to solve a problem for them. That’s my advice. 😊
Follow the Steps. Figure out how your family will get in touch and get back together if there is a disaster or other emergency.

Talk about It! Don’t lock this up with your birth certificates.

Post it where you can all see it.

EMERGENCY PLAN

Sadly, many bad things can occur when we’re not together with our whole family. So teach by example.

Visit this resources to download your at-home emergency checklist.

Resilience is what we do next.

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You know that feeling of wanting to protect your child from every bad thing that could ever happen? Here’s your chance!

Start an ongoing game of “What if…”

“…you got lost here?”
“…I wasn’t home to meet you?”
“…you see someone fall?”
“…you have too many bags to carry?” “…soccer was against the law?”
“…our dog could talk?”

Teach resilience (& bust boredom) without lectures!

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Talking to authority builds resilience. This teaches kids to:

- ✓ Ask for help.
- ✓ Advocate for themselves.
- ✓ Explain their ideas.
- ✓ Be respectful.
- ✓ Gain confidence!

Always let your child try talking to an adult on their own first. It’s so easy to jump in and explain what our children want, but they learn less that way.
AGES 2-4
Teach your child to memorize your cell phone number. Memorizing home phone numbers is a thing of the past.

Make it a game! Sing it, chant it, clap it out. Surprise “quiz” your kiddo in moments of calm, and then moments of crying (since that is when she’s most likely to need it).

Have him practice calling you. At playdates, have him tell the friend’s parent your number. Double check that he’s right!
Unless you have a dog, you have a messy floor daily with a preschooler. Making a mess is their job. Helping to clean up messes is a great, important skill – and is the definition of resilience!

They need:

- A reminder: “Time to clean under!”
- Tools: paper towel, small broom, dustbuster, fire hose…
- Be patient: they have newer gross motor skills.
- Confidence: don’t redo it when they’re done; “help” as they go.

Free Clean Up Song To Play!

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GETTING LOST HAPPENS

Teach your child these rules:

1. **Remember** your grown-up’s cell phone number (see pg. 14).
2. **Buddy up!** Stay with your buddy, even in the bathroom.
3. **If you’re lost** – **STAY PUT!** We’ll never stop looking until you’re found, so don’t wander.
4. **Trustworthy** grown-ups:
   - Police officer
   - Uniformed employee
   - Mom with kids

For any kids in your group who aren’t positive they know your number, grab these bracelets and add your info—
HANDLING BOREDOM IS A CRUCIAL SKILL!

Help your child learn to manage it by creating a to-do list:
• Draw a picture or print an easy word by each item.
• Keep it to a manageable 2-5 errands.
• Put your kiddo in charge of the list with a yellow marker.*
• She gets to check off what is done.

*You can see through it if she colors everywhere!

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You can’t make your child eat (didn’t need a book to tell you that, did you?).

✓ Kids don’t like change.
✓ They need to eat more than pasta.

What’s the trick? Don’t argue.

• Any new food goes on the plate with two foods she knows and likes!
• Don’t argue or beg her to eat (ever).
• Want seconds on something? Taste (or finish) the new food first.
AGES 5-7
1. Call from the house phone (no address needed).
2. Don’t hang up until they tell you to.
3. Speak loud and clear!
4. Say your first and last name.
5. Call if there is a fire bigger than a pillow, an intruder, or your adult can’t wake up.

Now unplug your house phone and **practice with your child**.
How do kids learn to plan ahead? Whatever the trouble spots are in the morning, prep them the night before. Your child can:

✓ Lay out clothes.
✓ Gather up sports gear.
✓ Collect homework, books, field trip forms.
✓ Help (young) or make (older) a packed lunch or get money or lunch card.
✓ Set out or prepare breakfast.

Learning to do these things teaches the habit of thinking through the next day and being prepared.

Want a break from reading? Check out Dr. G’s one minute video of this tip!
Reading is healthy!

As kids learn to read, they start to feel empowered in lots of areas. The next time yours asks for junk food, don’t say, “No.” Say, “Let’s read about it!”

Reading labels helps kids:

✓ Understand what they eat.
✓ Make better choices.
✓ Consider facts along with feelings!

Get really comfortable yourself with reading a food label--
“Mom! The button came off my shirt!”

Sew buttons!

It’s faster to do it yourself. But who taught you? An old-fashioned skill--like closing a tear, hemming something, or sewing on a button--is important to know.

Any problem your child can learn to solve makes him more resilient!

Are you lost when it comes to sewing, but would like your kids to learn these skills? Check out this site for easy instructions on simple mending!

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Seeing the world through a clean window brings new perspective. Let your child learn this lesson by having them clean a dirty window!*

✓ Give safe washing fluid like vinegar/water.
✓ Have them crumple newspaper to wipe with (fun and effective).
✓ Let them wash both sides.
✓ Ask what’s different!

*At this age, stick to 2-step ladders only – they don’t need to learn resilience from a broken arm.

Here is a recipe for a nontoxic window washing solution you can make – your child can help
Most parents find it hard to answer this question night after night for years. So don’t!

Pick a night for each of your kids to plan it (with various levels of supervision) starting around age 5.

**Teach him to consider:**
- Nutrition
- Allergies
- Preferences (only one new food!)
- Preparation time

Visit Choose My Plate together to learn more about planning dinner.

www.AskDoctorG.com
Our precious kids can, and must, learn to clean the bathroom.

**Why?**

✓ They learn that cleanliness matters.
✓ They’ll make fewer messes.
✓ That work can get shared by more people.
✓ They will learn to be thorough.

**And the most important reason:**
You’ll visit them one day and need to use their bathroom!

Don’t be overwhelmed by teaching this set of skills. Here is a list of supplies and a checklist of what to do to make it easier!
How can we build our kids’ self-esteem to withstand friendship trouble? Ask:

*What can’t a good friend do?*

Generate a list of “deal-breakers” like:
✓ Lie to me more than once.
✓ Tell me who else can and can’t be my friend.
✓ Hurt me by…
✓ Insult me by…

This reinforces the truth that even good friendships have limits. Build self-esteem high enough that self-love is stronger than friend-love.
A couple of times a year (at least) clothes need to be sorted out by season and size and what fits. This process of evaluating, saving, and discarding has lots to teach.

**Involve your child in the process:**
- ✓ Sort the clothes.
- ✓ Organize the keepers.
- ✓ Go together to donate discards.

One kid’s castoffs are another kid’s new school clothes.

A child who can grasp that will be more grateful for what he has.

Not sure where to take donations? Find a Goodwill near you!
Velcro, right? Until kids are older, it can be a real struggle to even find shoes that have laces.

This is one of those basic skills of childhood that we are obligated to teach. Bunny ears or around-the-tree-and-down-the-hole, don’t let kids go to second grade without learning to do this!

Watch this helpful tutorial video on tying shoes!

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AGES 8-10
You’ve OK’d the game he wants to play, said he may “join” the website he wants to play on. Now he’s moving through the sign-up. “Dad, can I click ‘I agree’?”

Before he clicks, read it with him!

**Why bother?**
He (and you) are entering into a legal agreement. Teach him to read before he “signs” and how to figure out what it might mean.

**Lesson:** Don’t agree to rules you don’t read.
Do you feel sometimes like you are drowning in forms? Delegate! This task that you’ve done a hundred times has something valuable to teach your child.

Filling out forms is an important life skill.

He’ll have questions about the field trip – where, when, how long. Teach him to find the answers. If it costs money, he should know that too.

Have your child bring you the form when it’s ready for your signature!
Despite the Internet, kids do still need to know how to find a book at the library. Encourage your child to:

✓ Get a library card.
✓ Talk to the librarians.
✓ Learn about the (free!) classes and activities at your local library.
✓ Get on the website for the library.
✓ Have an e-reader? Many libraries loan free e-books!

Definitely have them navigate the process of finding and taking out a book on a particular topic.
How many birthday parties does your child get invited to a year?

Next time use the opportunity to teach your child to buy the gift.

✓ Consider the recipient – what would he like?
✓ What’s your budget?
✓ Where is cheapest to buy it?
✓ Where is most convenient?
✓ At the store – have him find it, ask any questions, and buy it.

Your child may learn to rethink a gift idea. Best of all, he may be more appreciative at his next birthday!
Turning an idea into reality requires several important steps. Start your child on this path by teaching them to take a meal plan and turn it into a grocery list.

They’ll need to figure out:

<table>
<thead>
<tr>
<th>GROCERY LIST</th>
</tr>
</thead>
<tbody>
<tr>
<td>☑ Ingredients</td>
</tr>
<tr>
<td>☑ Servings per person</td>
</tr>
<tr>
<td>☑ Multiply the directions by the number of people to feed</td>
</tr>
<tr>
<td>☑ Group similar foods together on the list.</td>
</tr>
</tbody>
</table>

Bonus Tip: Clip Some Coupons!

www.AskDoctorG.com
Do you want your college student to bring home a semester’s worth of laundry in December?

The time to prevent that is now!

Your 8-year-old can:

✓ Sort
✓ Wash
✓ Dry
✓ Fold
✓ Put away laundry!

You just have to teach them how. It’s worth the extra time!

If you’re looking for a complete list of steps, check this out!

www.AskDoctorG.com
Take your child to buy one.

Waking up on time in the morning is one of the most important skills we can give kids before high school.

The process of getting up early involves:

✓ Planning
✓ Negotiating
✓ Adjusting expectations
✓ Modifying behavior

If your child is a pleasure to wake, you can put this off – you’ve been blessed! If not, I recommend a radio alarm clock. Let the DJ do the work!
You’ve taken your child to the post office. Remember her joy at dropping mail into the slot when she was 3? Now it’s time to teach her to send a letter, start to finish.

1. Write it. Sometimes a hand-written letter is the only thing that will do.
2. Add a little handmade gift.
3. Address, and return address it.
4. Go to the post office, get it weighed.
5. Pay for postage.

You’re much more likely to get mail from college this way!

You can jump into the future by exploring online mail services as well!
Resilience means being able to work with others.

Being a part of a group or team teaches a lot of life lessons. Even if your child is not a born athlete or performer, she will need to know how to be part of a group. As a lab partner, an employee, a community member, resilience means being able to work with others.

Have your child join (or start) a group. The process of finding like-minded people, and setting or working towards goals will teach her to speak up, to be quiet, and to collaborate!
Getting organized is a skill we want all of our kids to master. Most of us are not super-organized all the time! We only have to give our kids opportunities to learn the steps involved in getting organized.

Introduce your child to a messy space. **Ask:**

✓ What should go where?
✓ What tools do you need to make it better?

Try it their way – you’ll teach ownership and build self-esteem!
There is no magic on earth that can make a child care about his appearance until he just… does.

Until that happens, there will still be times our kids need to dress up, even though they have No. Idea. Why.

Teach your kids to iron. As soon as he’s tall enough to reach the ironing board, this is a great job-getting, fiancé(e)’s-parent-impressing skill!
Stuff breaks. We can either fix it or live with it broken.

The next time you use your know-how to fix something, invite your child to help. Anything you can repair demonstrates resilience, so pass it on if you can:

✓ Change a lightbulb.
✓ Replace the printer cartridge.
✓ Snake a drain.
✓ Relight a pilot light.
✓ Unplug a toilet.

Stuff breaks. What matters is what we do next.

For anything you’d like to fix but don’t know how, figure it out together!
A bike means freedom!

There is no other skill that teaches a child confidence and resilience better than riding a bike. She’ll learn:

✓ To fall. And get back on.
✓ New rules of the road.
✓ To master a new, hard skill.
✓ To go further than ever under her own steam.
✓ The power of persistence.

Remember – wear a helmet. Always.
AGES 11-14
Does your tween/teen want stuff?

Next time you approve something she wants, tell her you need to see three “bids.”

Have her research the product she wants from three different vendors, comparing:

- Price
- Features
- Quality (read reviews, ratings)
- Warranty

Your child will learn to be a savvy consumer!

Introduce your child to smart shopper information like Consumer Reports, Price Compare, or Price Grabber.
GET ON THE BUS, GUS

It’s time to learn about public transportation. Resilience often depends on being able to get where you need to go. If you don’t live near good buses or trains, plan this for your next trip to a larger city.

✓ Pick a destination.
✓ Find the route.
✓ Plan your way back, too!
✓ Figure the cost.
✓ Pick the times.
✓ Take the trip!

If public transportation is brand new to you, take the trip together. Let your child be your guide!

After “let your child be your guide.” You can introduce him (and yourself!) to this handy tool.

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Kids this age often receive well-meaning gifts that they do not like. After they write a thank-you note, teach them this invaluable skill:

**Store returns!**

They’ll learn to:
✓ Navigate a store.
✓ Pick a replacement.
✓ Wait in line.
✓ Learn about that zinger, “store credit,” instead of cash back.

All are valuable lessons in resilience!
As your child’s birthday approaches, ask a new question:

“When are you going to make your doctor’s appointment?”

Your child is old enough to (with supervision):

1. Call to schedule.
2. Fill out the forms.
3. Learn about the co-pay.
4. See her insurance card.
5. Talk to the doctor!

At this age your child’s doctor should ask for a little time alone with your child. Build resilience by saying yes!

A great tool for anyone who’s nervous about talking to the doc!

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Most businesses today ask for customer feedback. Teach your child to give credit when credit is due. Have them fill out a comment card at a restaurant, or find a manager to compliment a helpful staff person at a museum or amusement park.

Encourage kids to:
✓ Notice good experiences – build optimism.
✓ Recognize hard work – develop their own work ethic.
✓ Thank or compliment that work – foster gratitude.

As a bonus – does your child struggle to right a great thank you note? Here is a quick how-to!
Young teens begin to see all the injustices in the world. Poverty, hunger, war, illiteracy, animal abuse – whatever speaks to your child can move them.

So move them towards fundraising. The ability to ask people for money is a skill that will serve them well lifelong.

You’re not raising a panhandler – you’re raising a child who knows how to advocate for and motivate others!

Searching for a cause that speaks to your teen? Show them this!
Anyone who wants to drive needs to learn to change their own tire.* It’s often possible to dial a phone and wait. However, there are situations in which your child may find themselves when there will be no one else able to save the day!

This skill can save time and money. And it’s a great life lesson – don’t let your life or livelihood depend on a machine unless you know its basic maintenance.

*For those of us who don’t know how to change a tire: Learn together! That’s resilience!
AGES 15-17
Taking a car in to the mechanic can be overwhelming. Go through this process with your teen so they can learn the steps – and the pitfalls.

✓ Pick a mechanic: research, referrals.
✓ Make the appointment.
✓ Describe the problem.
✓ Ask questions until you understand the options.
✓ Figure out how to pay for it – and transportation while you wait.

This should remind you of the doctor’s appointment!

When it is time to choose a specialist to do work, the choices can be overwhelming. Do your kids know about resources like Car Talk and Angie’s List?
Getting teens involved in the community teaches them to use resources. Causing change makes them feel strong!

Most municipalities have a hotline or office that takes complaints. Ask your teen to:

✓ Find out who to call.
✓ Report the problem.
✓ Check to see if it’s fixed.
✓ Call again to remind or thank them.

The next time you see a problem in your town, tell your teenager. Or ask them what needs to be fixed! Then teach them to speak up.

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Family vacations can be amazing, a total drag, or anywhere in-between.
Use your next one to engage your teen, and teach some resilience at the same time.

**Ask your teen to plan the trip:**
- ✓ Pick the general destination.
- ✓ Set a budget.
- ✓ Set parameters.
- ✓ Ask for two or three itineraries.

This will teach all kinds of skills, including how to make a presentation and handle feedback.
How do kids learn to drive? First off, by watching us do it for years. So:

✓ Leave your cell phone in a bag.
✓ Click your seatbelt (before you pull away).
✓ Drive like you want them to drive.

Now pick the right person to teach your child to drive. Who has patience and low anxiety?

Teaching a teen to drive does not mean you are ready to let them get a license. That privilege must be earned. But the skill is crucial!
We need to teach our kids to buy things online.

Why?! They’ll learn to:
✓ Compare.
✓ Read reviews and ratings.
✓ Check shipping costs.
✓ Search for coupons.
✓ Be savvy about who they give what information to.

Remind your teen that they may not charge your credit card without your express permission each time!

Introduce your child to smart shopper information like Consumer Reports, Price Compare, or Price Grabber.

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The next time you sit down to pay the bills, ask your teen to sit down with you.

Shuffle through the utilities together. Complain a little about the high cost of ______.* Then teach them about check writing or online bill pay.

You don’t have to disclose your income or bank balance to impart a little wisdom. Just knowing what things cost helps in life.

*Don’t nag about their long showers!
For many teens, parties are heaven on earth for their social lives.

For many parents, parties are hell-on-earth to host and scary to send your child to one elsewhere.

Put these realities together, and look for a party you think is safe enough. Ask for a plan (written if you’d like) for certain scenarios. Then try it out.

For teens, parties are a great place to practice resilience. For parents? Practice a little faith and a lot of common sense.

If your teen is having trouble coming up with a plan for handling the pitfalls of parties, there are great resources available.
Nothing builds resilience quite like leadership.

- Setting goals for a group.
- Solving problems.
- Managing different personalities.
- Generating consensus.

All these experiences prepare teens to handle the hardest moments of interpersonal relationships.

So this month ask your teen:

What leadership position are you taking this year?
You do not have to teach all this resilience stuff alone! There is much to be learned from a minimum wage job for every older teen. It’s time for:

✓ Punctuality.
✓ Filling out tax forms.
✓ Working with the public.
✓ Doing repetitive tasks.
✓ Cleaning disgusting things.
✓ Taking feedback.
✓ Dealing with a boss.
✓ Having limited days off.
✓ Saying yes when you’d prefer to say no.

Have your teen get a job.

Here’s info for high schoolers who want a job but aren’t sure how to go about it.

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DO YOU HAVE A PARENTING QUESTION TO ASK DR. G?

What do I say when our pet is dying?

How can I help my child through our move?

How can we have smoother, more enjoyable mornings as a family?

I want to know about your struggles and successes! What ideas have worked for you? What else are you wondering about?

Submit Your Question HERE--
Raising kids is hard! Raising kids who are resilient, respectful and responsible is also incredibly rewarding!

Please take advantage of my free parenting resources, including downloadable tools for you to use to help you raise kids you can admire!

Request Your Free Resources!
Click HERE.
STAY CONNECTED WITH DR. G ON SOCIAL MEDIA

Click the Buttons Above to Be Directed.
Please look for Dr. G’s upcoming books:

Teach Responsibility:
Kids Can Work!

and

Teach Respect:
That's My Kid!
Dr. G (Deborah Gilboa, MD) has been empowering parents around the country to increase their knowledge and to utilize the parenting instincts they already have, but have been dampened by stress, doubt and guilt, so that they may raise their kids to be people they respect and admire.

As a Board Certified Family Physician, mother of four, and a professional parenting speaker and writer she follows 4 basic principals when guiding parents from toddlerhood to young adulthood – Respect, Responsibility, Responsiveness and Resilience.
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Bad things will happen to our kids. Resilience is what they do after that. The ability to overcome adversity makes Resilience one of the 3 R’s that can help kids thrive and succeed at any age. As a parent, you can play a big part in helping them build resilience.

Filled with 50 fun and practical tips by Doctor G, this book is designed to give you resilience-building activities for every age, plus helpful resources to launch your kids forward starting now!

Deborah Gilboa, MD (aka Doctor G) empowers parents to use their knowledge and instincts to raise great kids.

She is a Board Certified Family Physician, mother of four, and professional speaker and writer. Contact Doctor G at www.AskDoctorG.com.