

Developing the child's RESILIENCE ⁴

The dictionary says that a persistent person is one who, in spite of difficulties and opposition, does not stop doing his work or activity.



Perseverance is necessary to overcome obstacles, pick up after setbacks, explore the unknown, develop new ideas, master challenges. Perseverance makes it easier to take on difficult ventures, face challenges, learn from mistakes and make progress towards important and challenging life goals.

Some tips for developing perseverance in your child

- Encourage children to try new things that require perseverance (for example, learning a new skill) but lead to results that the child will be able to perceive as a personal success and a source of satisfaction (successfully mastering skateboarding, sewing, drilling, etc.).
- Plan developmentally appropriate challenges that move them out of their comfort zone towards more challenging but more satisfying ones.
- Share your own experiences with children, or the experiences of others (stories about the achievement of their goals and the perseverance of the successful people they see as role models).
- Tell children honestly that challenging tasks require effort, effort and overcoming obstacles and setbacks. Do not promise them easy paths if you expect challenging tests.
- Support children when they fail and talk to them about possible alternative approaches to things they didn't do well the first time. When children reach small goals on the way to bigger ones, praise them and encourage them to keep going.



MindSet Go! 2.0



MindSet Go! 2.0 2020-1-SE01-KA201-078005

Co-funded by the
Erasmus+ Programme
of the European Union



⁴ Prepared by Ana Vidmar

Source: <https://www.abced.si/post/vztrajnost-what-can-i-pass-on-to-my-children-and-u%C4%8Dencem>