

## 7 Key Characteristics of Resilient Children



### Competence

I can do this or I can figure out how to do this attitude.



### Confidence

I believe in my ability to accomplish this because I'm safe; physically and emotionally.



### Connection

I know I have friends, family and community who help keep me safe and show me what's good.



### Character

I know right from wrong and make good, helpful choices for myself and others.



### Contribution

I feel the world is a better place because I am in it and what I do is important.



### Coping

I can do things to deal with stress in a healthy and safe way. I know life challenges are temporary.



### Control

I can control many outcomes in my life by what I chose to do, as well as how I look at the situation.



## Caregivers Can Help Increase Resiliency

Do I let my child make mistakes so they have the opportunity to fix it on their own?

Do I "catch" my child and tell them when they are being helpful, kind, generous or taking initiative?

Do we do everything to address conflict within our family and try to resolve problems in a timely manner?

Am I helping my child recognize him or herself as a caring person? Do we talk about how to help others?

Do I help my child recognize their successes, even small ones, so they can have the knowledge they can succeed?

Do I model positive coping strategies and step by step problem solving on a consistent basis?

For more information see this website from the American Academy of Pediatrics:  
[https://www.aap.org/en-us/professional-resources/Reaching-Teens/Documents/Private/Building\\_7Cs\\_handout.pdf](https://www.aap.org/en-us/professional-resources/Reaching-Teens/Documents/Private/Building_7Cs_handout.pdf)

powered by

