



PATIENT EDUCATION

Raising Resilient Children

MAYO CLINIC CHILDREN'S CENTER



BARBARA WOODWARD LIPS
PATIENT EDUCATION CENTER

Mayo Clinic Children's Center

For more than 100 years, teams of physicians have cared for children at Mayo Clinic.

T. DENNY SANFORD PEDIATRIC CENTER MAYO EUGENIO LITTA CHILDREN'S HOSPITAL

Pediatric Sub-Specialties in the following areas:

Allergy, Immunology and Pulmonology	Neurology
Anesthesiology	Neuropsychology
Cardiology	Neurosurgery
Cardiovascular Surgery	Ophthalmology
Community Pediatrics & Adolescent Medicine	Orthopedic Surgery
Critical Care	Otorhinolaryngology
Dental	Pain and Palliative Care Consulting Service (Inpatient)
Dermatology	Physical Medicine and Rehabilitation
Developmental and Behavioral Pediatrics	Plastic and Reconstructive Surgery
Emergency Medicine (Emergency Dept.)	Psychiatry & Psychology
Endocrinology and Metabolism	Pulmonology (see Allergy, Immunology & Pulmonology)
Gastroenterology and Hepatology	Radiation Oncology
General Medicine	Radiology
Genetics (Medical)	Rheumatology
Gynecology	Speech Pathology
Hematology and Oncology	Surgery (Pediatric)
Immunology (see Allergy, Immunology & Pulmonology)	Transplant
Infectious Diseases	Urology
Neonatology (Neonatal ICU)	
Nephrology	

Pediatric Specialty Clinics:

Cerebral Palsy/Spina Bifida Clinic	Inflammatory Bowel Disease Clinic
Chemotherapy/Radiation Long-Term Effects Clinic	Immunodeficiency Disorders Clinic
Child Advocacy/Child Abuse	Long QT Syndrome Clinic
Congenital Heart Clinic	Neuromuscular Clinic
Craniofacial Clinic	Pain Rehabilitation Center (3-wk outpatient)
Cystic Fibrosis Clinic	Pain Clinic (Outpatient consult)
Diabetes Clinic	Sleep Medicine Center
Epilepsy Clinic (Intractable)	Spinal Deformities Clinic
Hemophilia/Coagulopathy Clinic	Sports Medicine Center
	Travel Clinic

Getting Started on the Right Foot

Do you remember when your young children pulled themselves up into a standing position and took their first steps? Remember how you wanted to quickly move in behind them to protect their little backside if they toppled over?

You had to resist helping them and instead, allow them to find their footing, catch their balance and stand on their own. They likely fell a few times. But they were OK, weren't they? It may have been hard not to help, but, they did stand on their own and in time, they got a little stronger, a little more independent and a little more confident. That strength, independence and confidence are all part of a skill that is valuable throughout life.

That skill is called resilience.

What is resilience? Resilience is the ability to move ahead or try again when challenges happen. To be resilient means to be able to start over when something goes wrong or doesn't go our way. When we are young, resilience helps us adapt to moving to a new town, not making the team or doing poorly on a school project. As adults, resilience helps us start a new job, become parents, deal with an illness or cope with stressful situations.



Because resilience is a skill that can be learned early in life, parents and caregivers are the most important people to help children develop resilience. *That's you, Mom or Dad.*

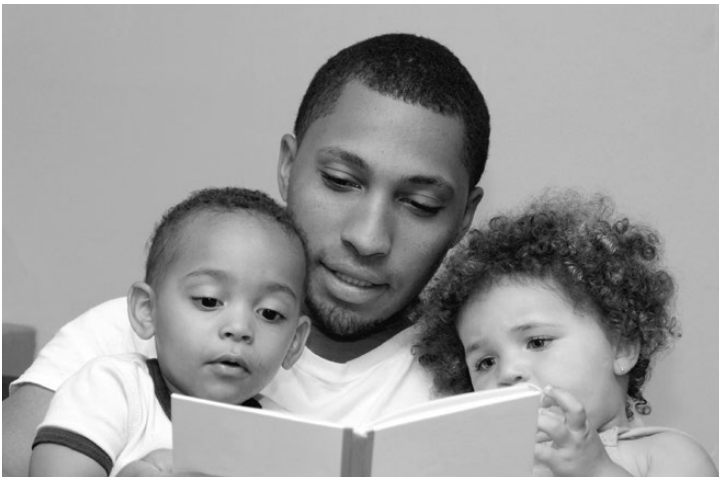
You might believe that to be good parents, you need to make things easy to protect your children from feeling bad. However, those challenges and emotional struggles make us stronger. You can help your children become confident and independent by allowing them to experience the richness of life with all its ups and downs. You can do this by providing opportunities for increased responsibility and problem solving. You can guide your children as they learn how to manage their thoughts, emotions and behaviors as they go through life.

Developing resilience

Once you recognize the importance of developing resilience, you may ask, “How can we help our children develop skills so they can grow and learn from life’s challenges and become stronger, more resilient people?”

Some things you can do to support the development of resilience in your children:

- Give them warm, nurturing homes. Tell your children you love them often. Focus on caring and support. However, don’t try to fix everything.
- Set consistent expectations for behavior.
- Praise their efforts and initiative.
- Encourage them to solve their own problems. When your children seem to be struggling with something, ask them what is wrong. Listen and be a sounding board, but try not to swoop in and “save the day.”
- Set a good example by dealing with life’s challenges with a positive, hopeful attitude.



At every age, there are steps you can take to help your children develop resilience. Try these suggestions:

Preschoolers: Generally ages 3 to 5 years

Preschoolers are usually very curious. This is typically the time they start interacting more with other children and adults outside their family. This is a great time to let them explore and try new things to start to gain a sense of independence.

What you can do

- Allow your children to be involved in age-appropriate chores such as picking up toys, dusting, putting dishes away and setting the table.
- Let them get dressed by themselves. It's OK if everything doesn't match!
- Give them opportunities to play with other children so they can learn how to handle social interactions without direction.
- Allow them to spend time with other trusted adults.
- Repeat simple, honest information when your children ask questions. For example, "Yes, Honey, we have to move. I don't have my job here anymore, but I have a wonderful new job in our new town. We will like our new home and we will make friends."

School-Age Children: Generally ages 5 to 10 years

During this time, school-age children usually start to place more importance on their peers. They want to become “masters” of skills. They often find pleasure in learning, seeking success and being productive. They begin to understand the concept of time. They are also developing problem-solving skills.

What you can do

- Allow for unstructured play time with other children their age.
- Continue to give them increased responsibilities at home. Let them know that contributing to the work that needs to be done is part of being a family.
- Encourage them to do more things on their own with little help or advice from you.
- Give your children opportunities to try new things and learn new skills.
- Start to talk about the concept of “delayed gratification.” You can use saving money as an example. You can explain, “If you don’t buy that candy bar now and instead save that money, within a couple months, you’ll have enough to buy that toy you want.”
- Include them in planning the family schedule for the week.



Preteens: Generally ages 10 to 12 years

During the preteen years, children usually start to develop a sense of identity, a feeling of who they are, what they believe and how they fit in. They see their friends as very important. This is the early stage of thinking about the future such as asking, "What do I want to be when I grow up?" During this time is typically when children begin to see the perspective of others and recognize that they are not the center of the universe.

What you can do

- Talk about family rules and the consequences of when rules are not followed.
- Respect your children's need for privacy.
- Encourage your children to express feelings in safe and constructive ways. For example, suggest that they jot down feelings in a journal, draw or paint, or use up extra energy by being active and exercising.
- Encourage your children to deal with disappointment in a healthy way. For example, if your children don't make the sports team after trying out, talk to them about trying out again at another time or trying out for something else.
- Be available to listen when your children want to talk. Do this on their time, not yours, so that they know their thoughts and feelings are important. Allow them to talk without you providing advice.



You CAN raise a resilient child

Yes, it's hard to let your little ones stand there wobbling in front of the couch. Yes, it's hard to send them off alone with their friends. It's awful to watch your children get their feelings hurt or become sad or frustrated. Like so many things, good parenting AND growing up is a process of trial and error. Allow your children to find their way while you are supportive — from the sidelines.

Know that each time you allow them to work through challenges, your children get stronger, more confident and more capable — bottom line — more resilient.





BARBARA WOODWARD LIPS PATIENT EDUCATION CENTER

Mrs. Lips, a resident of San Antonio, Texas, was a loyal patient of Mayo Clinic for more than 40 years. She was a self-made business leader who significantly expanded her family's activities in oil, gas and ranching, even as she assembled a museum-quality collection of antiques and fine art. She was best known by Mayo staff for her patient advocacy and support.

Upon her death in 1995, Mrs. Lips paid the ultimate compliment by leaving her entire estate to Mayo Clinic. Mrs. Lips had a profound appreciation for the care she received at Mayo Clinic. By naming the Barbara Woodward Lips Patient Education Center, Mayo honors her generosity, her love of learning, her belief in patient empowerment and her dedication to high-quality care.

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