

THE SEVEN “C’s”; BUILDING BLOCKS OF RESILIENCY

CRUCIAL “C”	DEFINITION	PARENTAL QUESTIONS TO CONSIDER
Competence	<ul style="list-style-type: none"> The ability to effectively handle various situations; acquired through experience Children cannot become competent without developing skills that allow them to trust their own judgments, make responsible choices, and face difficult situations 	<ul style="list-style-type: none"> Do I help my child focus on his or her strengths and build on them? Do I let him or her make safe mistakes so he or she has the opportunity to right himself or herself? Do my attempts to protect him or her mistakenly send the message, “I don’t think you can handle this?”
Confidence	<ul style="list-style-type: none"> Solid belief in one’s own abilities Ability to face and cope with life’s challenges 	<ul style="list-style-type: none"> Do I help him or her recognize what he or she has done right or well? Do I avoid causing shame? Do I unintentionally push him or her to take on more than he or she can handle, causing him or her to lose confidence?
Connection	<ul style="list-style-type: none"> Close ties to family, friends, school, and community give children a solid sense of security that produces strong values A sense of connection prevents kids from seeking destructive alternatives to attention 	<ul style="list-style-type: none"> Do I allow my child to have and express all kinds of emotions? Do we address conflict within our family and work to resolve problems? Do I encourage my child to take pride in the religious/cultural groups to which we belong?
Character	<ul style="list-style-type: none"> A fundamental sense of right and wrong that allows children to stick to their own values and demonstrate a caring attitude toward others Enjoins sense of self-worth and confidence 	<ul style="list-style-type: none"> Do I help my child understand how his or her behaviors affect other people? Do I allow him or her to consider right versus wrong and look beyond immediate satisfaction? Do I model the importance of caring for others?
Contribution	<ul style="list-style-type: none"> Understand that the child can make the world a better place Gives children a sense of purpose and motivates them to take actions and make choices that will improve the world 	<ul style="list-style-type: none"> Do I teach the important value of serving others? Do I model generosity with my time and money? Do I create opportunities for my child to contribute in some specific way?
Coping	<ul style="list-style-type: none"> Capacity to enact a wide array of positive, adaptive coping strategies protects against unsafe behaviors Children who learn to cope with stress are better prepared to overcome challenges 	<ul style="list-style-type: none"> Do I model positive coping strategies? Do I guide my child to develop positive, effective coping strategies? Do I create a family environment in which talking, listening, and sharing are safe, comfortable, and productive?
Control	<ul style="list-style-type: none"> Children who realize that they can control the outcomes of their decisions have more trust in their ability to handle adverse situations Children who see control as an external force become passive and pessimistic 	<ul style="list-style-type: none"> Do I help my child see that many (but not all) events happen due to actions and choices? Do I help him or her think about the future but take it one step at a time? Do I deny my child the opportunity to learn control by making all decisions for him or her?

BUILDING RESILIENCY IN CHILDREN

Today, childhood stress most commonly comes from anxiety due to overscheduling and pressure related to school work. The following discusses how parents can implement Dr. Ginsburg's Seven C's of resilience when caring for their children in order to combat these stressors.

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- Competence**
- Helping children focus on individual strengths
 - Focusing any identified mistakes on specific incidents
 - Allow children to make decisions
 - Being careful that your desire to protect your child doesn't mistakenly send a message that you don't think he or she is competent to handle things
 - Recognizing the competencies of siblings individually and avoiding comparisons

- Confidence**
- Focusing on the best in each child
 - Recognizing when your child has done well
 - Praising their achievements with honesty
 - Do not push a child to take on more than they can handle

- Connection**
- Building sense of physical and emotional security within the home
 - Allow children to express their emotions comfortably
 - Address conflict openly
 - Create a commonly shared space
 - Foster healthy relationships that will reinforce positive messages

- Character**
- Demonstrate how behaviors affect others
 - Help your child recognize themselves as a caring person
 - Demonstrate the importance of a community
 - Encourage development of spirituality
 - Avoiding discriminatory statements or stereotypes

- Contribution**
- Stressing the importance of serving others in need by modeling generosity
 - Creating opportunities for each child to contribute in some specific way

- Coping**
- Modeling positive coping strategies on a consistent basis to help guide child on how to deal with stress
 - Realizing that telling a child to stop a negative behavior does not work
 - Understanding that risky behaviors can be attempts to alleviate stress/pain in a child's daily life

- Control**
- Helping your child understand that events are not just random and occur to do other people's choices
 - Learning that discipline is about teaching, not punishing or controlling. Use discipline to help child understand that their actions produce consequences
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