



**D-E PARENT EDUCATION COMMITTEE  
PEP TALK  
December 5<sup>th</sup> 2018**

**ON RAISING SELF-DISCIPLINED AND RESILIENT CHILDREN**

**Defining Resilience:** What is resilience? In people, resilience refers to the ability to “bounce back” after encountering difficulty. The American Psychological Association defines it as “the process of adapting well in the face of adversity, trauma, tragedy, threats and even significant sources of stress – such as family and relationship problems, serious health problems, or workplace and financial stresses.” In his book about *Aging Well*, Harvard University psychologist George Vaillant (2002) describes resilient individuals as resembling “a twig with a fresh, green living core. When twisted out of shape, such a twig bends, but it does not break, instead, it springs back and continues growing.” (p. 285).

**A. Issues:**

1. Whether we are raising children that are capable of bouncing back from difficulties that life is likely to confront them with sooner or later.
2. Whether over-protecting our children and shielding them from difficulties and stress serves them well.
3. Whether trying to control every aspect of our children’s lives empowers them to be the masters of their own destiny.
4. Whether fostering resilience is tied to other aspects of a child’s education including responsibility and self-discipline.
5. What is our role as parents to promote independence and self-reliance in our children in today’s day and age?
6. What is our role in helping our children find their own sense of self and purpose in life?
7. What role does culture play in delaying maturity in teenagers and young adults?
8. What can we do to counter trends that aim to prolong adolescent behavior well beyond the teenage time period?



**DE**Parents'  
Association

## **B. Resources to tackle these questions:**

Video on Perseverance/Resilience

<http://larryferlazzo.edublogs.org/2013/08/24/this-is-the-best-video-ive-seen-on-perseverance-resilience-theres-no-dishonor-in-having-a-disability/>

Video on Japanese Broken Bowl – Resilience

<https://www.youtube.com/watch?v=UilcUTvRgfg>

Video on Resilience: The Science of Mastering Life's Greatest Challenges

<https://www.youtube.com/watch?v=fH1R2Cislrc>

How to Raise an Adult:

[https://www.barnesandnoble.com/w/how-to-raise-an-adult-instaread/1122914828?ean=2940151107648&st=PLA&sid=BNB\\_1341481610&sourceId=PLAGoNA&dpid=tdtve346c&2sid=Google\\_c&gclid=EAlaIQobChMIqY-a8pGv3gIVTGSGCh3KrgfuEAQYASABEgl7m\\_D\\_BwE](https://www.barnesandnoble.com/w/how-to-raise-an-adult-instaread/1122914828?ean=2940151107648&st=PLA&sid=BNB_1341481610&sourceId=PLAGoNA&dpid=tdtve346c&2sid=Google_c&gclid=EAlaIQobChMIqY-a8pGv3gIVTGSGCh3KrgfuEAQYASABEgl7m_D_BwE)



**C. Common threads on strategies aimed at raising a self-disciplined, self-reliant and resilient child**

<b>The Power of Resilience: Components of a Resilient Mindset</b>	<b>Resilience: The Science of Mastering Life's Greatest Challenges</b>	<b>Raising a self-disciplined child: Help your Child Become More Responsible, Confident and Resilient</b>	<b>How to Raise An Adult</b>
Changing the words of life: rewriting your negative scripts	Optimism: belief in a brighter future	Developing self-discipline in your children	Give them Unstructured Time
Choosing the path to become stress hardy rather than stressed out	Facing fear: an adaptive response	The mindset for effective discipline	Teach them life skills
Viewing life through the eyes of others	Moral compass, ethics, and altruism: doing what is right	Helping your child take control	Teach them how to think – teach your child to solve problems, don't solve them for her/him.
Communicating effectively	Religion and spirituality: drawing on faith	Teaching your child to solve problems	Prepare them for hard work
Accepting oneself and others	Social support: learning the tap code	Showing your child that he or she is competent	Let them chart their own path – let your children make mistakes so that they can learn from them
Making connections			



and displaying compassion	Role models: providing the road map	Teaching your child how to react to mistakes	Normalize struggle
Dealing effectively with mistakes	Training: physical fitness and strengthening	Helping your child cope with doubts and disappointments	Have a wider mind-set about colleges
Developing self-discipline and self-control	Brain fitness: challenge your mind and heart	Responding constructively when life seems unfair	Listen to them
Maintaining a resilient life-style	Cognitive and emotional flexibility	Encouraging your child to make a difference	Reclaim yourself
	Meaning, purpose and growth	The lessons and power of self- discipline	Be the parent you want to be
	The practice of resilience		

**D. Food for Thought – Interesting quotes**

*“We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights. That among these are Life, Liberty and the Pursuit of Happiness...”* The Declaration of Independence.

*“Talent without discipline is like an octopus on roller skates. There is plenty of movement but you never know whether it is going forward, backwards or sideways.”* H. Jackson Brown Jr. Author of Live, Learn and Pass it On.

*“ If we do not discipline ourselves, the world will do it for us. – William Feather, Author and Publisher.*



*"It has gotten to the point that my belief in the importance of discipline borders on an "invariant prescription" for children's problems. Of course, it is hardly earth-shattering news that discipline and limits are important for healthy children."*

Lawrence H. Diller, Developmental Pediatrician and Author of the Last Normal Child.

*" Before the mountains call to you, before you leave this home, I want to teach your heart to trust, as I will teach my own. But sometimes I will ask the moon, where it shined upon you last, and shake my head and laugh and say, "it went all by so fast." – Singer/ songwriter Dar Williams, "The One Who Knows."*

**Invictus**

BY WILLIAM ERNEST HENLEY

Out of the night that covers me,  
Black as the pit from pole to pole,  
I thank whatever gods may be  
For my unconquerable soul.

In the fell clutch of circumstance  
I have not winced nor cried aloud.  
Under the bludgeonings of chance  
My head is bloody, but unbowed.

Beyond this place of wrath and tears  
Looms but the Horror of the shade,  
And yet the menace of the years  
Finds and shall find me unafraid.

It matters not how strait the gate,  
How charged with punishments the scroll,  
I am the master of my fate,  
I am the captain of my soul.