

TIPS FOR ENCOURAGING ADVOCACY AND RESILIENCY IN OUR STUDENTS

Building a foundation of resiliency and self-advocacy starts in elementary school

- Help your child problem-solve and resist the urge to rescue (i.e., bringing forgotten homework/lunch to school).
- Let your child try and work out their own peer issues first. Ask questions like, “How will you try to resolve this? What else can you try?”.
- Act as a guide/coach rather than dictating or enabling, i.e. prompt your child with questions for independence (*What do you need to remember to bring home or take to school today?*)
- Trust but verify – resist the urge to fight your child’s battles. Trust what they are saying is the story but that it is only one-side. Verify before coming into battle with all guns blazing.
- Raising a child is a long-haul job – think of the big picture. Rather than focusing solely on your child’s test at the end of the week, and getting that **A** with nagging, pestering and pressure, focus on the long-term goal of developing self-sufficiency and make your child responsible for his/her own learning.
- Focus on Process instead of Product, i.e. let your child plan the science project and do it themselves -- It will look like a kid did it!
- Helping children become autonomous gives children pride in themselves and their abilities and makes them independent thinkers and doers who can cope with the ups and downs of life.

Additional Resources:

“The Gift of Failure” by Jessica Lahey

“Growth Mindset” by Carol Dweck

“How to Raise an Adult” by Julie Lythcott-Haims