We can help kids develop the skills to handle tough situations and bounce back.

A resilient child is one who has learned to identify and manage his or her emotions during difficult or challenging times, and perseveres in spite of obstacles. As parents, we can’t always protect our children from experiencing adversity, but we can help them develop the skills to handle tough situations and grow from the lessons learned.

All children experience disappointment, frustration, and fear. However, we can teach our children how to identify their feelings and emotions and control their reactions. Recognizing and managing our emotional patterns is an important part of emotional maturity and self-awareness. Here are tips to promote growth and learning in kids:

• Encourage them to see options and possibilities. When children overcome challenges, they develop a sense of confidence and competence.

• Model resilience for them. Show them that you hold high expectations for yourself and that many things in life require you to step out of your comfort zone. Keep things in perspective, have a hopeful outlook, and take positive action to solve problems.

• Let them make mistakes. Don’t rescue your children from experiencing failure or consequences from their actions. Letting them learn from their mistakes builds self-confidence and helps to develop necessary social skills.

• Be firm and consistent with regard to discipline. When you understand and accept that children will sometimes misbehave but stay even-handed in your responses, you don’t have to get embroiled in arguments and power struggles with your kids.

• Provide love, support, guidance, and encouragement. Sincere, encouraging words can inspire and motivate children to be their best selves.

When you give children opportunities to develop and practice coping and resilience skills and build their "emotional muscle," you are preparing them to be successful and independent adults.