



Seven “C”s of Resilience



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Help children recognize their abilities and inner resources

Competence: describes the feeling of knowing that you can handle a situation effectively.

Confidence: A child’s belief in his own abilities is derived from competence.

Connection: Developing close ties to family and community creates a solid sense of security that helps lead to strong values and prevents alternative destructive paths to love and attention.

Character: Children need to develop a solid set of morals and values to determine right from wrong and to demonstrate a caring attitude toward others.

Contribution: Children need to realize that the world is a better place because they are in it. Understanding the importance of personal contribution can serve as a source of purpose and motivation.

Coping: Learning to cope effectively with stress will help your child be better prepared to overcome life’s challenges.

Control: Children who realize that they can control the outcomes of their decisions are more likely to realize that they have the ability to bounce back. Your child’s understanding that he or she can make a difference further promotes competence and confidence.

A Parent’s Guide to Building Resilience in Children and Teens: Giving Your Child Roots and Wings.

