

Authentic Success: Raising Children and Adolescents Who are Prepared to THRIVE!!

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How do we define
success?

Do we have to make a
choice between play,
success and happiness?

Resilience



The ability to
overcome
adversity

The diagram features two large, light blue arrows pointing in opposite directions, one to the left and one to the right, which overlap in the center. The left arrow contains the text 'The ability to overcome adversity' and the right arrow contains 'The capacity to bounce back'. The background is a dark blue gradient.

The capacity to
bounce back

Resilience is a mindset

Resilience is Uneven

Resilience
is
NOT
invulnerability

Resilience
is
NOT
a character trait

**It is affected by supports and
circumstances!!!**

The bottom line

- Young people will be more resilient if the important adults in their lives believe in them unconditionally and hold them to high expectations
- Young people live up or down to the expectations we set for them

The 7 C's of Resilience

1. Confidence

2. Competence

3. Connection

4. Character

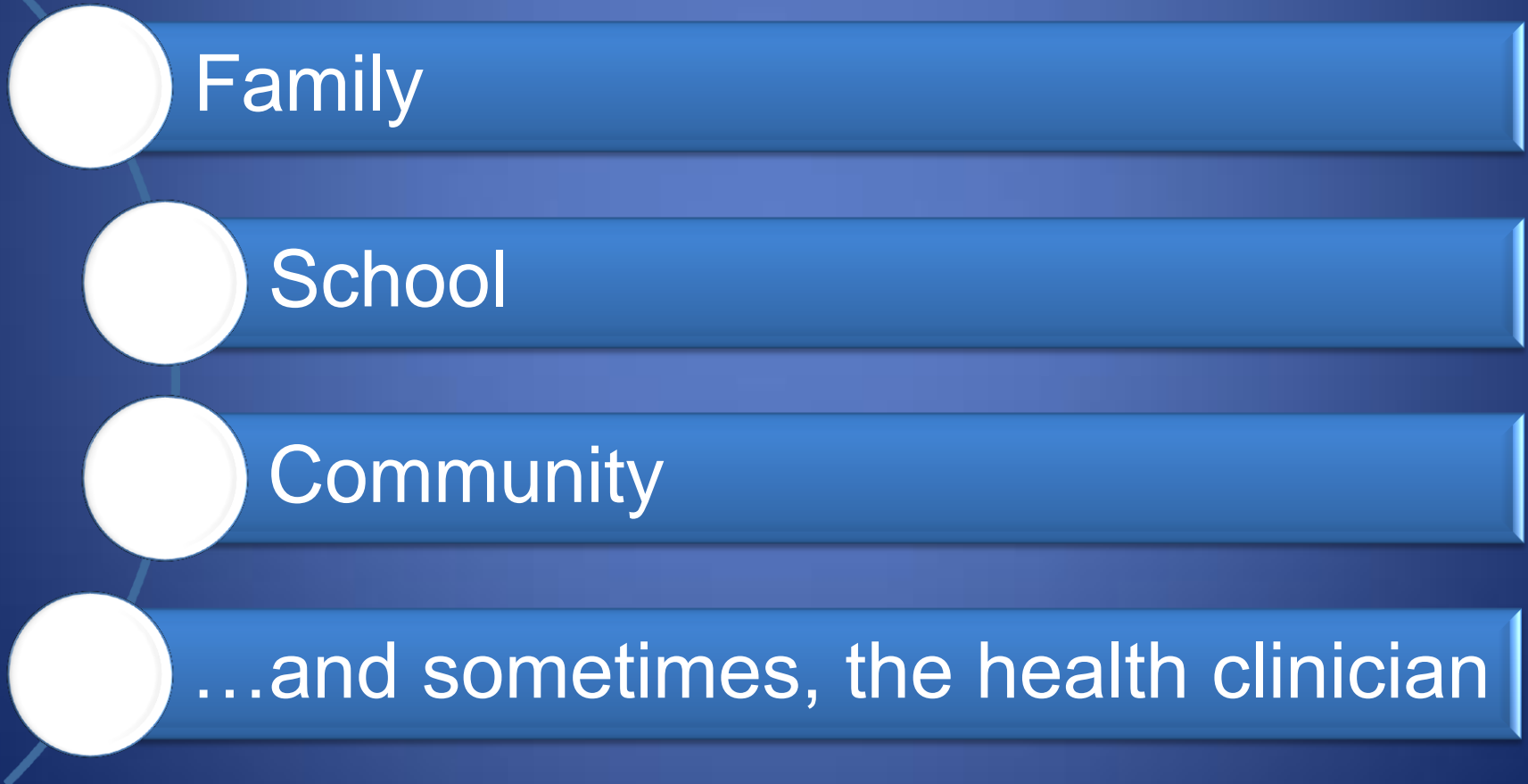
5. Contribution

6. Coping

7. Control



The importance of Connection can not be overstated...



Connection 101

Why does it feel like our connection is challenged during adolescence?

Listening

Unconditional Self-Regard:

Perfectionism Prevention

What is Perfectionism?

And ... why isn't it a good thing?



Self Loathing

Fear of the B+

Fear of the “D” word

No “out-of-the-box” thought

The death of creativity

Resents constructive feedback

Learning how to fail and recover

The Lies You Don't Want to Buy Into



The SAT's will pave the way...

You have to be good at everything...

Just put it off...

Don't say “just try your best”



Victims of a toxic society

What do we praise...or notice?

Desire to spare us

Learning to build a high achiever



Letting young people make mistakes

Praising effort rather than results

Building Spikes – Celebrating Unevenness

**Not all perfectionists are
perfect**

Your Long Term Goal:

Building a Healthy Adult

Your Short Term Goal:

**Having Your Child Love
Learning**

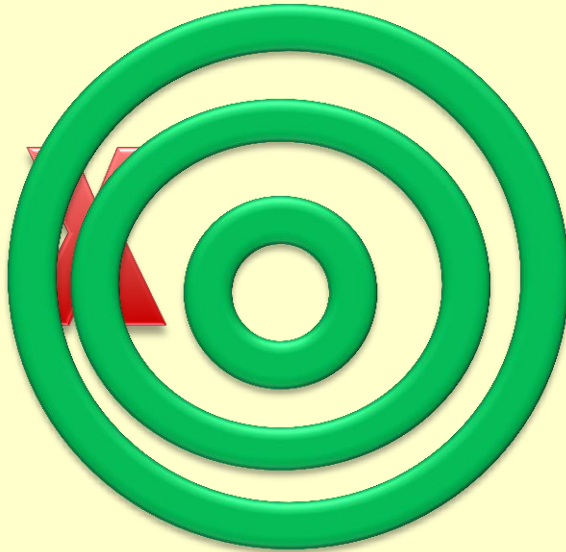
Your Medium Term Goal:

**Having Your Child Find
the Right Match That Will
Foster Love of Learning**

Competence and Confidence

Finding Competence...

...Building Competence



Learning Not to Undermine Competence



Talking in a way ALL young people understand

Recognizing the cognitive development of adolescence

No more lectures!!!!!!

Building Competence

Social Skills

Control

How much control?

Effective Monitoring

Independence: One Step at a Time





Consider Temperament and Developmental Needs

Listen and Invite Youth to Develop a Plan

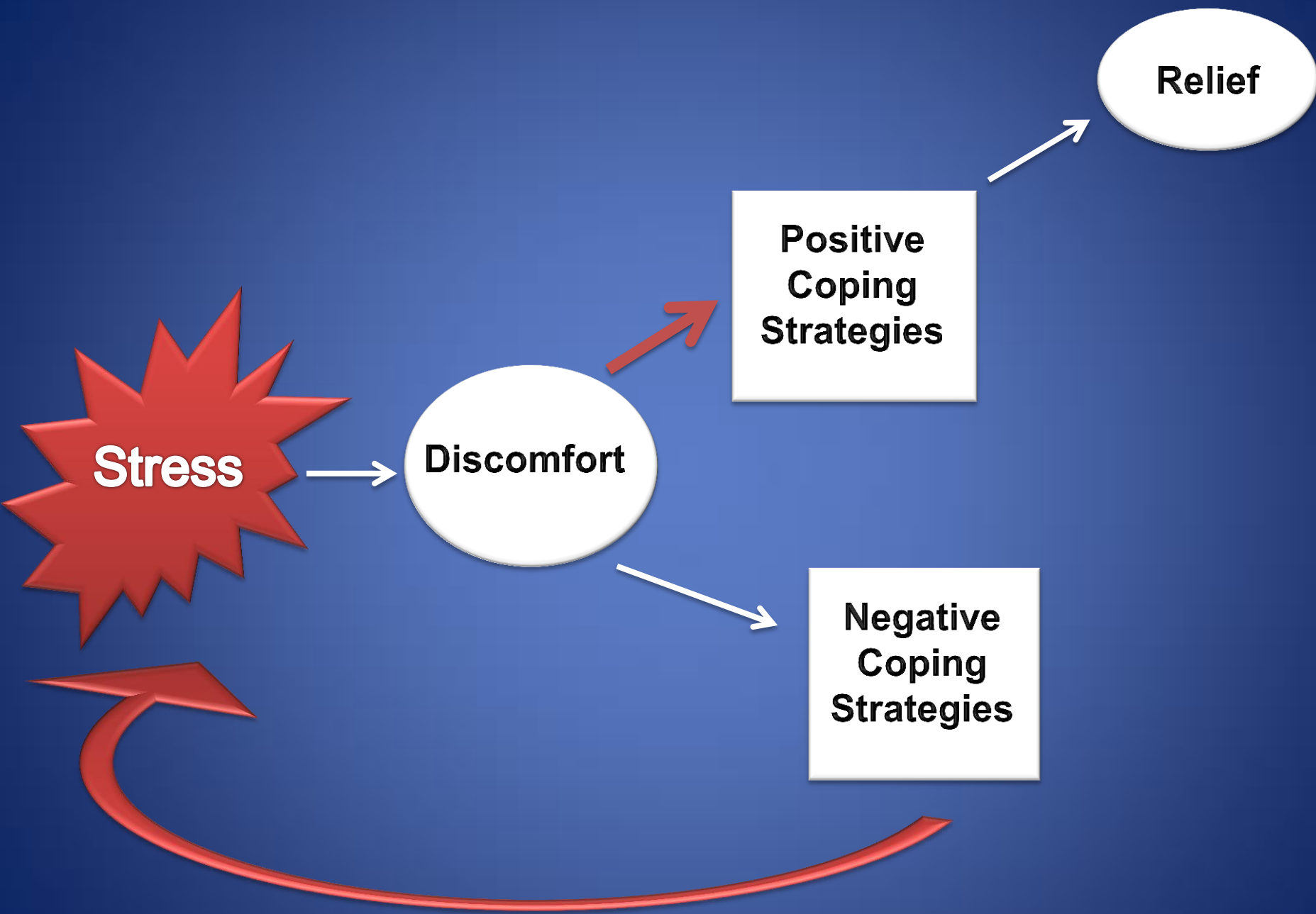
Generate a Roadmap of Mastery

Independence is Earned through Displaying Responsibility

Stress and Coping

Resilience

- Is about learning to cope, in a positive way with life's inevitable stressors
- We might do our greatest good by raising youth with a wide repertoire of positive coping strategies



Distinguishing Paper tigers from Real tigers

Knowing when bad things are temporary

Knowing when good things are permanent

Coping

Engagement vs. Disengagement

Emotion Focused vs. Problem Focused

A Stress Management Plan for Teens

(It Might Just Work For You)

Shhhhhh ... It is a **Great** Way to Build
a College Resume

Stress Management: Tackling the Problem



1. Making the problem manageable

2. Active Avoidance

3. Let some things go

Serenity Prayer

Grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference.

Stress Management: Taking Care of my Body



4. Exercise

Fear

Anger

Stress Management: Taking Care of my Body



5. Relaxation



6. Nutrition

Stress Management: Taking Care of my Body

7. Sleep

- Stimulation

- Cool Down

 - Exercise

 - Shower

- Release Emotions

Stress Management: Managing Emotions



8. Instant Vacations

9. Releasing Emotions

The worst thing is not to be stressed
... it is to be NUMB

Stress Management: Making the World Better



10. Contributing to the world

When Your Tolerance Reaches Its Limits

- Falling Back in Love
- Catching Your Kid Being Good
- Holding to the Highest Expectation
- Honoring Your Spouse/Partner

The Greatest Gift You Can Give Your Child

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