



Resiliency

By Pam Morris, Early Learning Center director

Helicopter parents. You have heard of them, correct? This term is used to describe people who hover close by to make sure that their child doesn't get hurt. And of course, everyone wants to protect their children. But just how much hovering is necessary?

Age-Specific

A 6-month-old needs way more protection than a 16-year-old. The former needs bumpers on the coffee table and gates by the stairs. The latter needs a curfew, firm boundaries and expectations.

Developmental-level specific

A child who has been diagnosed with Autism needs clear, concise instructions for each activity so she can be prepared and successful. A child who has sensory challenges (can't deal with loud noises or bright lights) needs a dimly lit room or headphones when noises are loud for success.

Person-Specific

"Know your audience": Everyone is an individual and needs something different. When you get to know your child, it is easier to tweak the expectations so you can provide the appropriate amount of scaffolding.

When is The amount 'Too Much'?

Ahh, the eternal question. Because your son is different from my daughter, the amount of care you provide will be different than mine.

But my rule of thumb is: Is she learning how to be resilient?

What is Resiliency?

According to the online dictionary, resiliency is defined as: the capacity to **withstand** or to recover quickly from difficulties; **toughness** is a synonym.



There Will Come a Day...

There will come a time when you aren't there. Not, G-d forbid, not there permanently but when you aren't there on the playground when another child won't give up her swing or the teacher gives a lot of homework or the test doesn't get rescheduled or the boss isn't OK with lateness.

What will your child do then?

Resiliency and Problem Solving

Really these two things go hand in hand. Being able to bounce back from disappointment takes a certain amount of problem solving so you don't allow the frustration to ruin your day. And your child should get frustrated, especially if you are around, so you can help her learn techniques to solve, go around or make another choice.

Everything in Moderation

Let your child fall down every once in a while - not from a height but on the ground when they first stand to take a few steps. What will she do? How will he react? Let your child try and figure it out. And let your child fall, metaphorically. Because only when a misstep happens in a safe environment will your son or daughter feel comfortable enough to try a new way of doing it.

Independence

Letting your child fly, so to speak, is so difficult for parents. In theory, you want your child to soar. You just want them to soar only so far. But maybe, if you, as a parent, can build your resiliency, maybe you will be OK, too!

#Shabbat Shalom