

CRUCIAL "C"	DEFINITION	PARENTAL QUESTIONS TO CONSIDER
<b>Competence</b>	<ul style="list-style-type: none"> <li>The ability to effectively handle various situations; acquired through experience</li> <li>Children cannot become competent without developing skills that allow them to trust their own judgments, make responsible choices, and face difficult situations</li> </ul>	<ul style="list-style-type: none"> <li>Do I help my child focus on his or her strengths and build on them?</li> <li>Do I let him or her make safe mistakes so he or she has the opportunity to right himself or herself?</li> <li>Do my attempts to protect him or her mistakenly send the message, "I don't think you can handle this"?</li> </ul>
<b>Confidence</b>	<ul style="list-style-type: none"> <li>Solid belief in one's own abilities</li> <li>Ability to face and cope with life's challenges</li> </ul>	<ul style="list-style-type: none"> <li>Do I help him or her recognize what he or she has done right or well?</li> <li>Do I avoid causing shame? Do I unintentionally push him or her to take on more than he or she can handle, causing him or her to lose confidence?</li> </ul>
<b>Connection</b>	<ul style="list-style-type: none"> <li>Close ties to family, friends, school, and community give children a solid sense of security that produces strong values</li> <li>A sense of connection prevents kids from seeking destructive alternatives to attention</li> </ul>	<ul style="list-style-type: none"> <li>Do I allow my child to have and express all kinds of emotions?</li> <li>Do we address conflict within our family and work to resolve problems?</li> <li>Do I encourage my child to take pride in the religious/cultural groups to which we belong?</li> </ul>
<b>Character</b>	<ul style="list-style-type: none"> <li>A fundamental sense of right and wrong that allows children to stick to their own values and demonstrate a caring attitude toward others</li> <li>Enjoins sense of self-worth and confidence</li> </ul>	<ul style="list-style-type: none"> <li>Do I help my child understand how his or her behaviors affect other people?</li> <li>Do I allow him or her to consider right versus wrong and look beyond immediate satisfaction?</li> <li>Do I model the importance of caring for others?</li> </ul>
<b>Contribution</b>	<ul style="list-style-type: none"> <li>Understand that the child can make the world a better place</li> <li>Gives children a sense of purpose and motivates them to take actions and make choices that will improve the world</li> </ul>	<ul style="list-style-type: none"> <li>Do I teach the important value of serving others?</li> <li>Do I model generosity with my time and money?</li> <li>Do I create opportunities for my child to contribute in some specific way?</li> </ul>
<b>Coping</b>	<ul style="list-style-type: none"> <li>Capacity to enact a wide array of positive, adaptive coping strategies protects against unsafe behaviors</li> <li>Children who learn to cope with stress are better prepared to overcome challenges</li> </ul>	<ul style="list-style-type: none"> <li>Do I model positive coping strategies?</li> <li>Do I guide my child to develop positive, effective coping strategies?</li> <li>Do I create a family environment in which talking, listening, and sharing are safe, comfortable, and productive?</li> </ul>
<b>Control</b>	<ul style="list-style-type: none"> <li>Children who realize that they can control the outcomes of their decisions have more trust in their ability to handle adverse situations</li> <li>Children who see control as an external force become passive and pessimistic</li> </ul>	<ul style="list-style-type: none"> <li>Do I help my child see that many (but not all) events happen due to actions and choices?</li> <li>Do I help him or her think about the future but take it one step at a time?</li> <li>Do I deny my child the opportunity to learn control by making all decisions for him or her?</li> </ul>

Source: Ginsburg, Kenneth R., and Martha Moraghan. Jablow. "Childhood Stress." *A Parent's Guide to Building Resilience in Children and Teens: Giving Your Child Roots and Wings*. Elf Grove Village, Ill.: American Academy of Pediatrics, 2006. 311. Print.

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