

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

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How do we define
success?

How Does Your Adolescent Think You Would Define Success?

What does the “Right” College Get
You?

Is America Really Falling Behind?

Resilience



The ability to
overcome
adversity



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

Bringing our Children “Back”

Big Question 1:

**How do we love our children
without conditions, but still hold
them to high expectations?**

Where do I set the bar?

The 7 C's of Resilience

1. Confidence
2. Competence
3. Connection
4. Character
5. Contribution
6. Coping
7. Control



References: Little, 1993; Pittman et al., 2003; Eccles & Gootman, 2002; Roth & Brooks-Gunn 2003; Lerner, 2004; Ginsburg, 2006; Frankowski, Leader & Duncan, 2009.

Connection 101

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

The Importance of Risk Taking in Adolescence

Listening

Perfectionism: A Challenge to both Resilience and Success

(And Why an Unrealistic Bar is Harmful)

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

Choosing to Know Your Child:

The Greatest Gift You Can Give
BOTH of You

High expectations are about your
child being his or her best person

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 Academic
Match That Will Foster
Love of Learning**

Big Question 2:

**How do we protect our children
while letting them learn life lessons?**

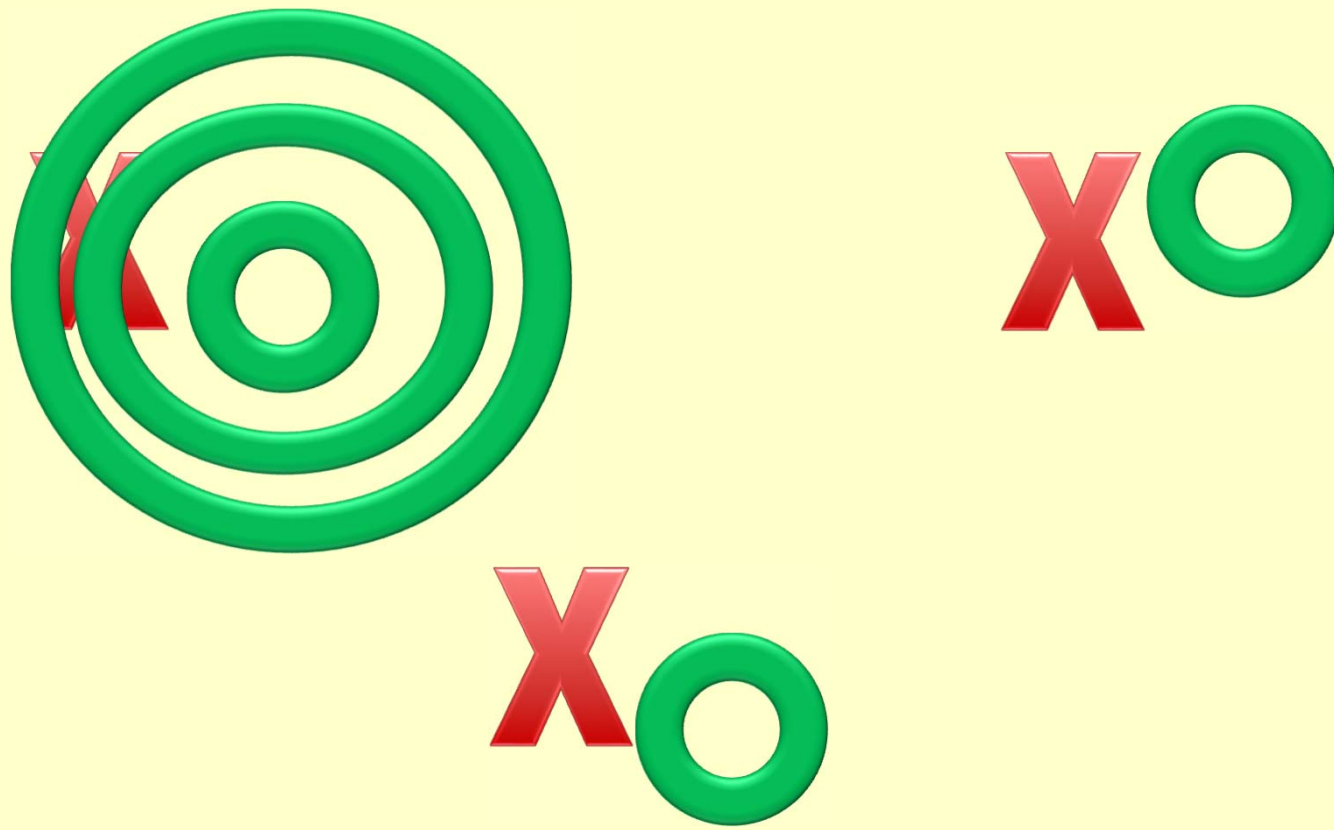
The Bottom Line:

Preparation is Protection

Hovering sets our children up for self-doubt today, failure tomorrow, and isolation from us far into the future.

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?

Balancing Love, Warmth, and Monitoring

Parenting Style

Love, warmth and
responsiveness

Monitoring, rules and
boundaries

Rules



Warmth



↑ Warmth
↓ Rules
Permissive

↑ Rules
↑ Warmth
Balanced

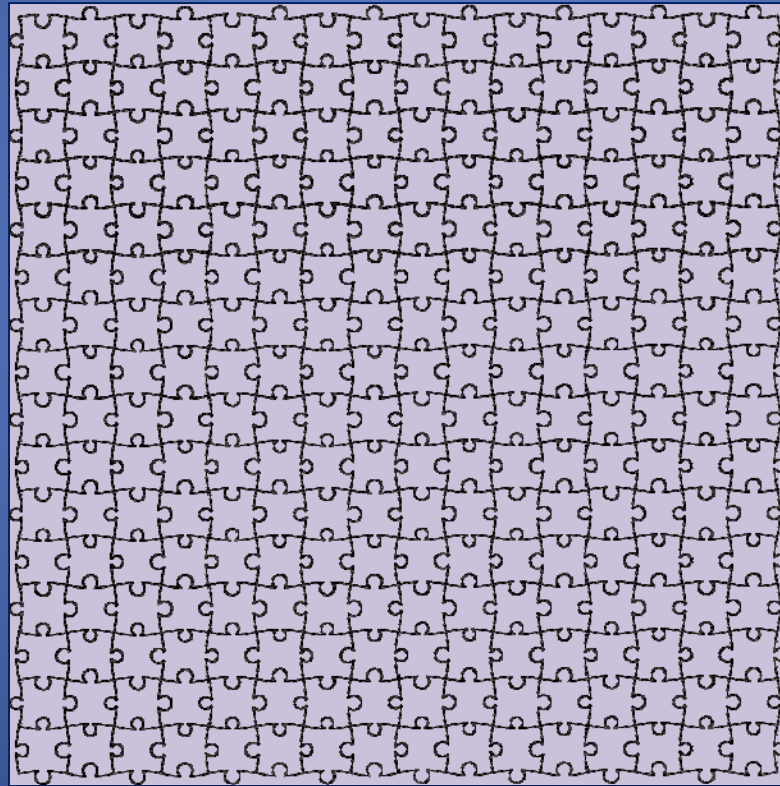
↓ Rules
↓ Warmth
Disengaged

↑ Rules
↓ Warmth
Authoritarian



Effective Monitoring

Knowing when to “jump in” and when to allow mistakes and recovery



**A Strategy to Build Long-Term
*Inter*dependence:
Offering 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

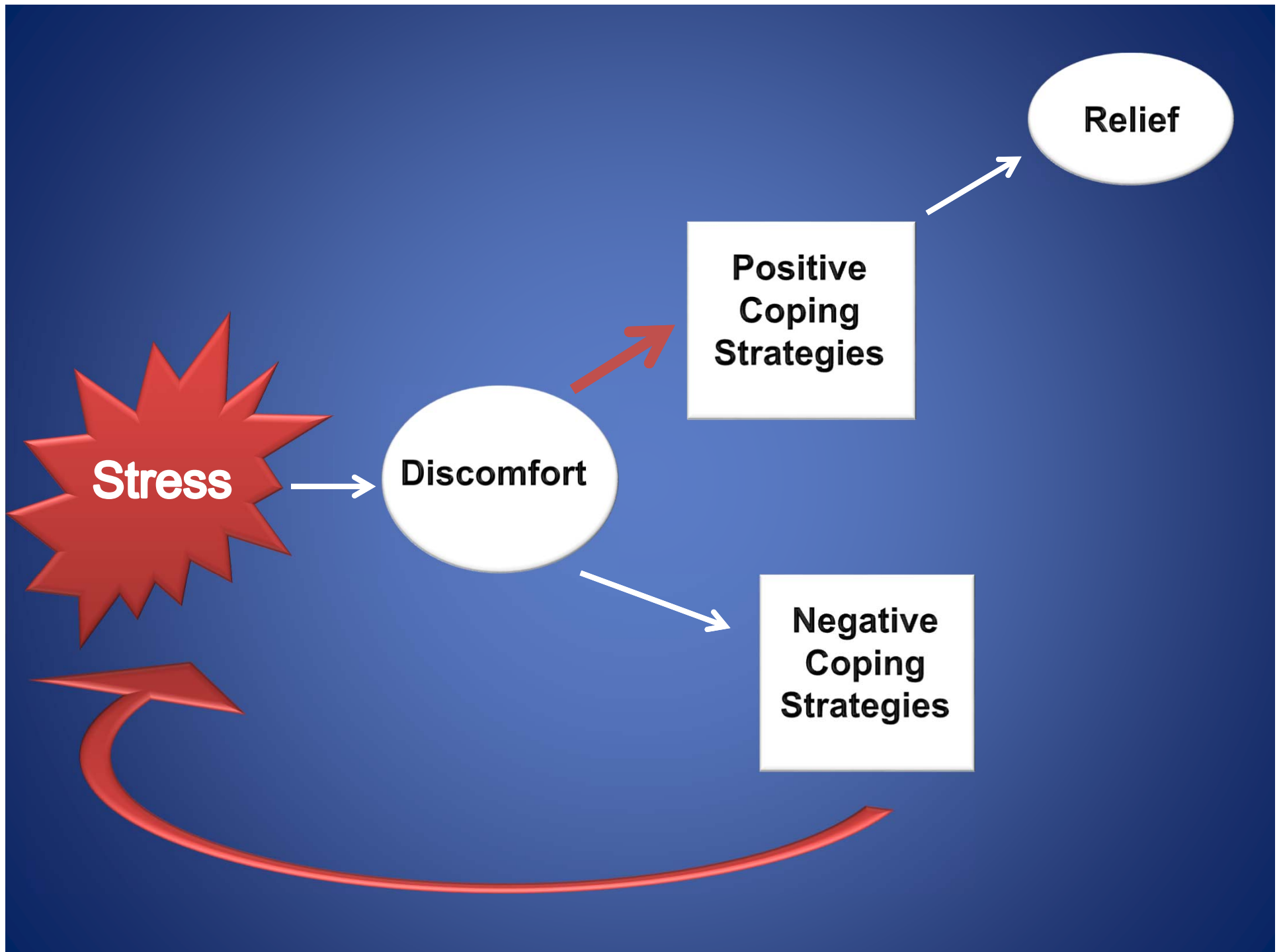
“Empty Nest”

“In Flight”

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



Defining the Stressor

- **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)

Shhhhh ... 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 Resilience Reaches Its Limits

- Physical symptoms
- Fatigue
- Disinterest
- Dropping grades
- Sad mood
- Irritability/anger
- Substance use

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

**EXPERT
ADVICE**

The image features the words "EXPERT" and "ADVICE" stacked vertically in a bold, white, 3D sans-serif font. The text is set against a light green background and is reflected on a glossy surface below it. The entire scene is framed by a dark blue border.

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