

5 WAYS TO HELP YOUR CHILDREN MANAGE UNCERTAINTY

1

BUILD A SENSE OF MASTERY



Feeling confident and competent protect against feeling helpless. Repetition is okay, as we know the outcome. What are they good at? Help turn a room into an art gallery or make a video channel about baseball.

2

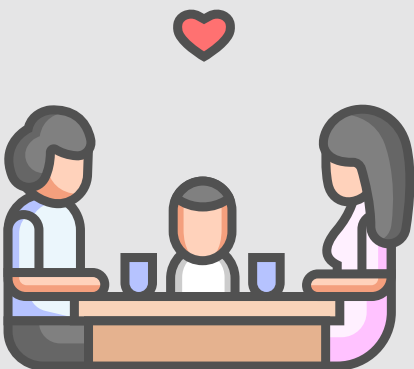
ASK ABOUT YOUR CHILD'S INNER WORLD



We think we know how our children are feeling, but we may not – Ask. “How are you doing?” or in an indirect way, “How are your friends doing?”. Then provide validation and if requested, engage in problem-solving to reinforce a sense of mastery.

3

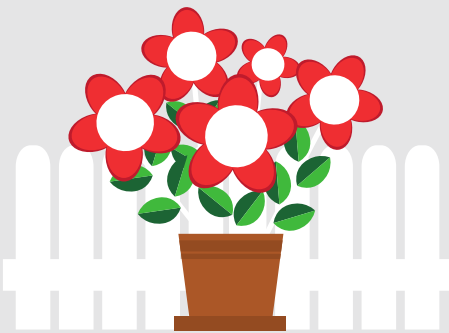
BUILD SAFETY THROUGH ROUTINES & RITUALS



A general structure of mealtimes can be sufficient to scaffold routine. Rituals provide predictability. Pizza Fridays? Sunday brunch? Thursday night games? Use this as an opportunity to build family rituals.

4

MAINTAIN PERSONAL BOUNDARIES



The negative impact of stress/adversity can be buffered by the emotional response of parents. Children pick up on and react to our emotions. Create boundaries to minimize feeling resentful

5

PUT FAMILY VALUES IN ACTION



All families have implicit values that you can make explicit. What values are meaningful to your family? Integrity, accountability, diligence, love, creativity, personal growth, knowledge, appreciation, patience, wisdom, compassion, others? Brainstorm ways to enact those as a family.

