**The 7 “C’s” of Resilience**

***Competence***

* Helping Children Focus on Individual Strengths
* Empowering children to make decisions
* Avoiding comparisons with peers

***Confidence***

* Focusing on the best in each child
* Clearly noticing the best qualities
* Recognizing when he or she has done well
* Praising honestly about specific achievements

***Connection***

* Building a sense of physical safety and emotional security within your home
* Fostering healthy relationships that will reinforce positive messages

***Character***

* Demonstrating the Importance of community
* Demonstrating how behaviors affect others

***Contribution***

* Creating opportunities for each child to contribute in some way
* Stressing the importance of community through helping one another

***Coping***

* Modeling positive coping strategies consistently
* Realizing that telling him/her to stop the negative behavior will not be effective
* Not condemning/punishing/shaming for negative behavior

***Control***

* Promoting agency through acknowledgement of positive behaviors
* Learning that discipline is about teaching, not punishing or controlling