

So What?



**A Moment
that Feels like
Failure...**



**Can Become a
Powerful
Turning Point!**



Three Powerful Keys to Unlock Your Child's Potential



#1 Humor
Uniquely human!



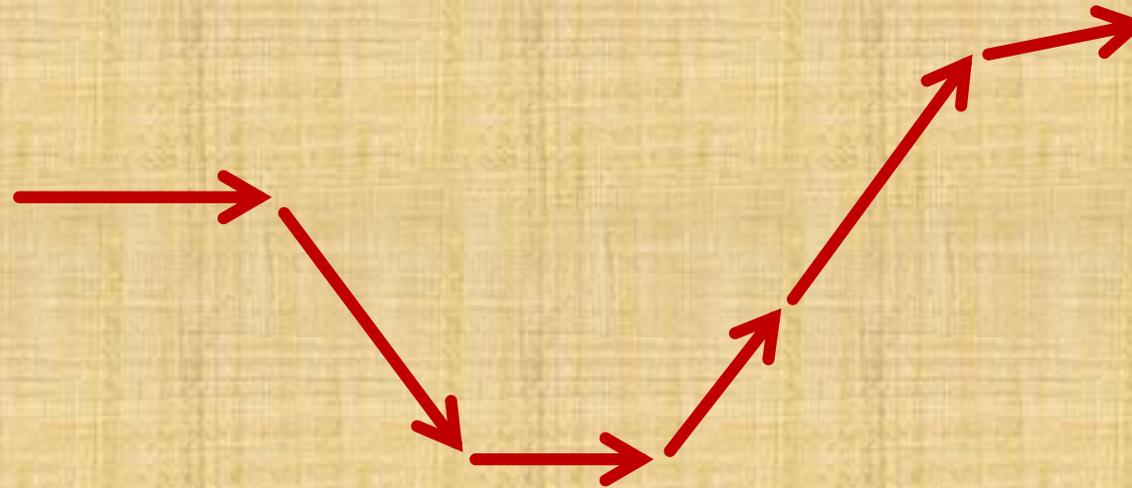
#2 Forgiveness
None of us is perfect!



#3 Self-Worth
Who you are, not what you do!

Failing Forward!

Resiliency Mapping Model



Resiliency is the ability to face our challenges, even get knocked down by them, and use the experience to grow stronger and move forward.

Adapted from Richardson's Resiliency Mapping Model 2002

Slaying Dragons!

With his “So What?”
silver bullet, Cal could
slay his doubts and fears
and overcome setback
after setback!



Can Resiliency Really Be Learned?

*“I have not failed.
I’ve just found
10,000 ways that
didn’t work.”*

Thomas Edison



What is Your Biggest Parenting Challenge RIGHT NOW?





Good News!

- **We know you are busy!**
- **You don't have to change everything.**
- **Your life is already full of teaching moments.**
- **Small changes CAN turn into big changes!**

Power of Storytelling

Stories are:

- Fun
- Easy to learn
- Easy to remember

You have great stories to tell!

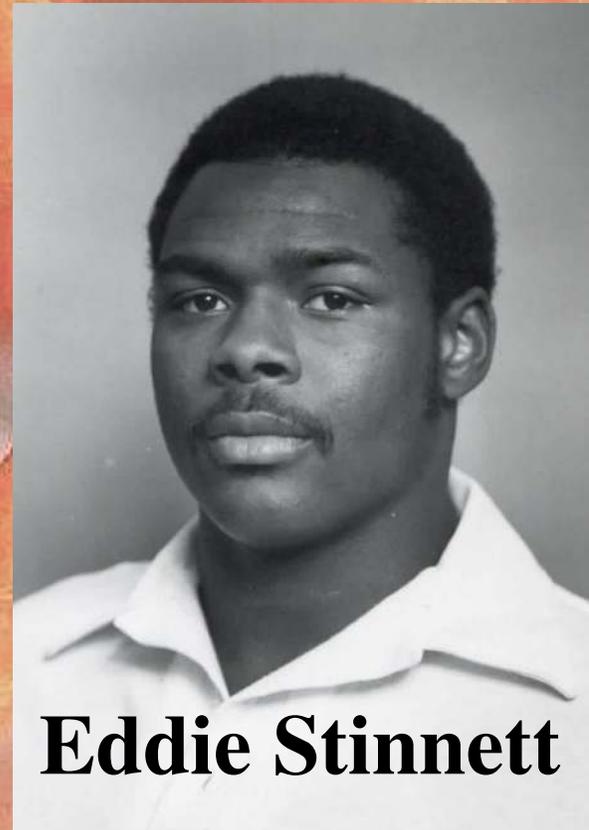




Steve Young

Cheetos

**Nothing, not even a
Great Big Gob of
Chewed Up Cheetos,
has to keep you down!**



Eddie Stinnett

Unlock Your
Child's
Potential



Humor

Humor Is For Everyone!

It helps us:

- Change our perspective
- Enjoy some playfulness
- Laugh at ourselves





Nothing Cuter Than a Smiling Baby!

How could smiles
change your
family?



Try It!

Who knows? Your
family just might get
used to it!



Try saying “YES!”

- ▶ Read a story
- ▶ Play a game
- ▶ Throw a ball
- ▶ Have pillow fight



Have fun! Be spontaneous! Take risks!

**Feel it in your
heart & speak it
out loud!**

I love you

You are amazing

You are so fun



**Step on your
toe and call
you a
Dumb-Dumb**



Laughter Helps Us

- ▶ Let down our defenses
- ▶ Open our hearts
- ▶ Be vulnerable
- ▶ Connect with others



Handle With Care

Humor

➤ Offensive?

OR

➤ Just the right
medicine?



Be Playful and Sensitive

- ▶ Never hurt a child's feelings
- ▶ Never mock or be sarcastic



**My mouth has
gotten me into
and
out of a lot of
trouble!**



Unlock Your
Child's
Potential



Forgiveness

**“Life is an
adventure in
forgiveness.”**

Norman Cousins



Forgiveness is NOT

**Condoning harmful
behavior**

The same as justice

Forgetting

Reconciliation

A sign of weakness



Empathy in Action



The Blue Plate Special

A tangible
reminder can
help us
remember
that we chose
to forgive.



Empathy and Forgiveness go Hand in Hand

- ▶ See the world
through someone
else's eyes



People Watching With a Purpose

- How do they feel?
- How can you tell?



Model Empathy and Forgiveness

➔ How do you react?



**Choose
Forgiveness!**



Gain FREEDOM

**Miss Mills
Everyone's
Favorite
4th Grade
Teacher**



I Won't Tell Miss Mills!

Miss Mills forgave my
childish behavior and
didn't bring the
incident up again
AND neither did my
mother!



Alligator's Dinner Sitting in a Canoe!

Sometimes stupidity
doesn't get your head
bitten OFF!



I'm Sorry!

Sincere apology
makes friendship
go a long way
(and  make it
even better)!





Unlock Your
Child's
Potential



Self-Worth

Relationship Piggy Bank

Is your relationship
bank account:
AT LEAST 5:1?





NOT about:

- **Winning**
- **Status**
- **Awards**
- **Being cocky**
- **Full of yourself**

Self-Worth

- I am valued
- I am worthy of love
- I am **UNIQUE**

Oh! What A Beautiful Morning



**Sometimes the
Hardest Challenges
Can't be Seen!**

**Fear
Nearly
Defeated Cal!**



Self-Worth



- **What was this father thinking?**
- **Embarrassed?**
- **Protective?**

What was the impact on son's self-worth?





Supervised Risk

Henry's Story

Goldilocks' Risks

➔ **Not Too Big**

➔ **Not Too Little**



Your Child's Biggest Complaints Are?

- What's for dinner?
- How do I look?
- Grades?
- Family rules?
- Friends?



Embrace Who You Are!

- Accept what cannot be changed
- Change how you respond



**Praise Effort!
Support Learning
& Growth**



Failing Forward



Small Steps Lead to Big Steps

AT ANY AGE!



Three Powerful Keys to Unlock Your Child's Potential



#1 Humor

“I have found the best way to give advice to your children is to find out what they want and then advise them to do it.”

Harry S Truman



#2 Forgiveness

“Forgiveness means giving up the suffering of the past and being willing to forge ahead with far greater potential for inner freedom.”

Dr. Randy Kamen



#3 Self-Worth

“A man cannot be comfortable without his own approval.”

Mark Twain

**FALLING
DOWN IS AN
ACCIDENT.
STAYING
DOWN IS A CHOICE**

For more powerful keys
to unlock your child's
potential visit us at

www.ResilientChild.com



Calvert F Cazier, PhD, MPH Anne Evans-Cazier, LCSW