

**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!**

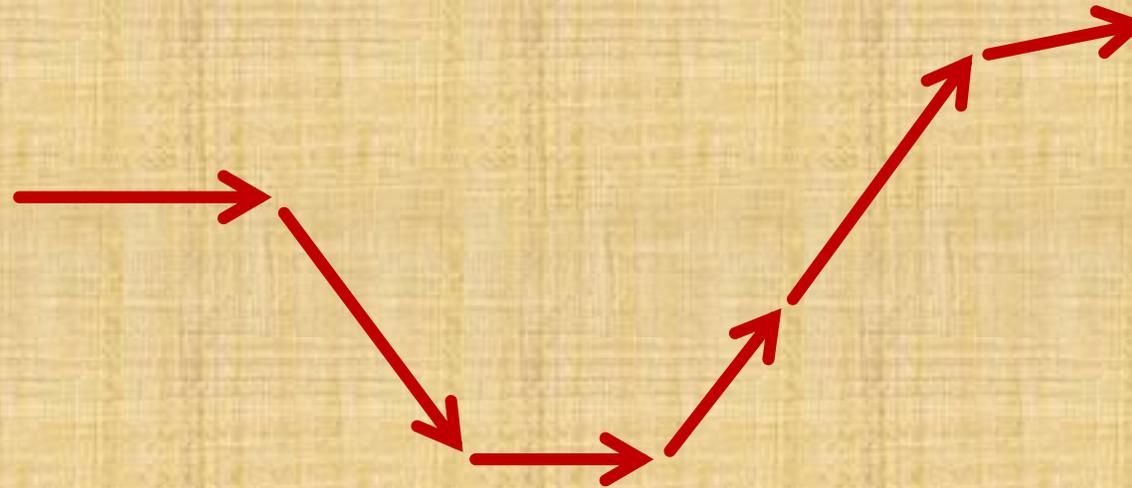


**#3 Self-Worth**  
**Who you are, not what you do!**



# 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!

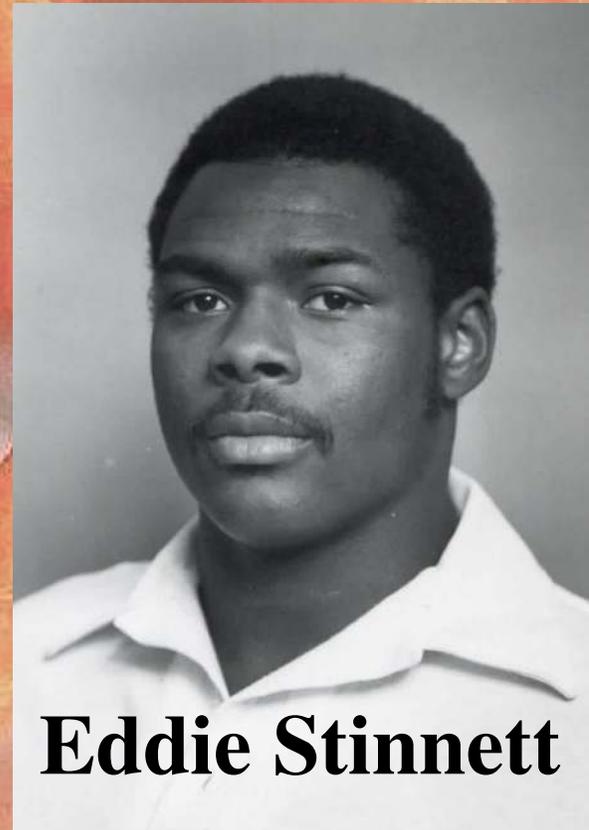




**Steve Young**

**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  
4<sup>th</sup> 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

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

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

[www.ResilientChild.com](http://www.ResilientChild.com)



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