

Enabling Your Child to Thrive

Thrive = Resilience + Mindfulness

Life ALWAYS has challenges; resilience and coping ability are our differentiators that allow us to thrive. Gaining these necessary skills to thrive translates to well-being throughout one's life.

All living beings need different amounts of nurturing, attention, and care in order to thrive. When a child is capable of thriving, they become a student, adult, employee, and community member prepared to make a difference and live well.



BE COMPASSIONATE



VALUE CONNECTION



SELF-LOVE



EXPRESS GRATITUDE



HAVE FUN



Referenced: [Center for Parent and Teen Communication & Psychology Today](#)

ENCOURAGE RESPONSIBILITIES

Hobbies, activities, sports, and even chores are great for kids to learn responsibilities. It demonstrates time commitment and balance.

SUPPORT UNIQUENESS

Supporting and validating children's strengths and weaknesses will enable them to thrive. Making room for individualism will help them develop self-love.

DEFINE EXPECTATIONS

Mutually agreeing on rules and expectations will allow for a healthy understanding of boundaries.

UNHEALTHY STIMULI

Unhealthy stimuli can have a negative effect on children's ability to thrive. Try to limit time exposed to violent video games, TV shows, and movies.

CONTROLLED STRESS

Stress in limited amounts is healthy and allows us to build resilience. This can come from school tests, sports teams, or other extra-curricular activities they enjoy.

EXPERIENCES

Learn from all your experiences whether they are good, bad, or indifferent. Observing others' experiences will also provide you with perspective.