

Emotional Muscle Part Two

HOW TO GROW RESILIENT SCHOOL-AGE KIDS AND
BECOME STRONGER PARENTS



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Today's Presenter

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Objectives

- Define emotional muscle and how it pertains to resilience
- Describe why it's essential for kids and teens to build their emotional muscle
- Learn ways to help kids and teens develop emotional muscle and bounce back from difficulties



Emotional muscle



Everyone needs to develop and exercise physical muscles for health and well-being; without exercise, physical muscles will atrophy.

When people are in good physical shape, they are less tired at the end of their busy day.

Emotional muscles make the ordinary interactions of daily life smoother.

Emotional muscles promote happiness and sturdiness in the face of all life's challenges.

Emotional muscles come from training and practice, just the same as physical ones.

School-Age Children and Their Parents Building Emotional Muscle





How parents help school-age kids build the emotional muscles of:

- Competence
- Integrity

Parents help by:

- Expanding resources and the range of social participation
- Reinforcing self-leadership

The emotional muscles used by parents of school-age kids are:

- Communicating beliefs and values
- Showing pride and expressing confidence
- Developing personal friendships and activities
- Developing a close family relationship and opportunities for connection



Tweens and Their Parents Building Emotional Muscle





How parents help tweens build the emotional muscles of:

- Individuation
- Self-acceptance

Parents help by:

- Providing a secure base
- Re-enforcing accurate self-awareness

The emotional muscles used by parents of tweens are:

- Practicing the art of letting go
- Developing trust
- Becoming comfortable with your child's sexuality
- Setting realistic and appropriate limits

Adolescents and Their Parents Building Emotional Muscle





How parents help adolescents build the emotional muscles of:

- Independence
- Identity

Parents help by:

- Setting appropriate boundaries
- Being curious vs. critical

The emotional muscles used by parents of adolescents are:

- Embracing the individuality of your child
- Distinguishing assertion from aggression
- Holding on to love
- Modeling how to manage emotions
- Building a new relationship

Resilience



Using our emotional muscles to bounce back when bad things happen



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