

10 Strategies

FOR DEVELOPING RESILIENT
AND CONFIDENT CHILDREN

“10 Strategies for Developing Resilient and Confident Children” is my contribution to a larger conversation about developing resilient, happy, and confident children. Parenting, teaching, and mentoring are challenging undertakings, but immensely rewarding and enjoyable, especially when we have the desired outcomes. We are constantly bombarded with information and research about what it takes to develop confident children who display academic competence and good character. During my 27 years in education; as a teacher, coach, principal, district leader, and most of all, as a parent, I have used these 10 strategies, that I have found to be effective in helping children become whole, and to feel valued. Children need to feel valued, and that their place in our space is secure. Providing a high level of security for children fosters their resilience and confidence, and helps them in their development of purposeful, happy lives.

These 10 strategies have been quite successful with the children I have worked with over the years, including my own child. This list is not exhaustive; however, I consider these 10 strategies to be among the top strategies that I have used. I am sharing them because I want for all children the successful and fulfilling life I want for my own child. I strongly believe that these 10 strategies will help educators, parents, and all who work toward the wholesome development of children, be more successful in their efforts.

You can start with any one of the ten strategies, and even implement more than one at a time. But if you implement them faithfully and consistently, you will get results.

This book is a quick read but is packed with useful strategies to help develop resilient, confident, and emotionally healthy and happy children.

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