

A 30-Day Parenting Challenge to Raise Thrivers!

“Thrivers are made, not born,” says Michele Borba. Here are 10 skills parents can teach kids from THRIVERS.

1. **Start with why.** Reflect on our children’s new world. What skills will kids need in our uncertain world? “Resilience” should be on your list. Write down why it’s important for your child to develop these life skills and character traits.
2. **Salute positive thinking.** Tune into when your child does utter optimism and commend it. “It’s hard to change, but that was optimistic!” p254.
3. **Share uplifting stories of helpers and everyday good guys in the news and your community.** Thrivers learn to focus on the good instead of the negative p 250.
4. **Teach brainstorming.** When problems emerge, ask: “How can *you* solve it?” Brainstorm: “Every idea counts. Say what comes to mind. Choose one!”
5. **Teach: “Do the hardest thing first”** so she won’t stress about the task all night. Confidence and perseverance builds as kids complete larger chunks alone.
6. **Stop rescuing!** Thrivers learn to build agency so step back from being kids’ safety net. **Identify one skill your child** Set a rule: “*You* need to take responsibility.”
7. **Reinforce assertiveness.** Thrivers stand up for themselves. Teach your child how to be respectfully assertive, then reinforce any efforts.
8. **Institute a nightly review** of the simple good parts about each person’s day to help your kids look on the bright side of life and develop a more positive view of the world.
9. **Watch your footwork.** Thrivers feel they have some control and requires that we slowly step back from helping and hovering until kids pull us in the direction they want to go.
10. **Talk Positively to Yourself.** Learning self-talk can help kids from becoming overwhelmed, reduce stress, and maintain self-control. Offer a range of positive comments, brainstorm others. “I got this!” “I can get through this.” “Breathe!!!” “Stay calm. Carry on.” “For younger kids, offer: “I think I can, I think I can” from *The Little Engine That Could*. Your child chooses *one* phrase she likes and then makes it memorable. The easiest way is to repeatedly use the phrase until your outer voice becomes your inner child’s voice.

Practice strategy choices a few minutes every day for at least 21 days-or until your children can do it without you and that’s your cue that your kids have learned another tool to help them thrive.

7 Teachable Skills That Set Happy,
Healthy, High-Performing Kids Apart



Thrivers

The Surprising Reasons Why
Some Kids Struggle and Others Shine

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