

SYLLABUS

Session 1 – We’re All in This Together

The fact is parenting is hard. Everyone struggles. No one has all the answers. But if we talk through our options together, and offer support and encouragement to one another, we stand a surprising good chance of getting our kids through their formative years.

Session 2 – What Kind of Parent Are You?

No two parents are alike. We all bring something unique to the parenting table, a one-of-a-kind perspective shaped by our:

- ♣ personality
- ♣ view of the world
- ♣ upbringing
- ♣ experiences
- ♣ struggles
- ♣ victories
- ♣ hopes
- ♣ fears
- ♣ and much, much more.

Session 3 – Stand By Me

Kids don’t become healthy, caring, responsible adults on their own. They need assistance, encouragement, discipline, and training. They need the input of people who care about them. They need a group of adults and peers who are invested in their success.

Session 4 – Plugged In

Many parents shelter their children from the responsibilities of the adult world, often with the good intention of “letting them be kids.” In the process, though, something can get lost---namely, the empowerment and sense of worth that comes from being given an important role in society.

Session 5 – Limits that Liberate

Setting rules and boundaries is a tricky business. You want your child to learn self-discipline and to understand that certain behaviors won’t be tolerated. But you don’t want to be clashing constantly either. As it turns out, reasonable and consistent limits and consequences aren’t just for your convenience. They can benefit your child for life.

Session 6 – Yours, Mine, and Hours

Ever wondered whether your child understands the value of time? From many kids' perspectives, worrying about time is an old person's game, right up there with reminiscing about the past. As parents, we walk a fine line in this matter. We want kids to enjoy their free time – those carefree, unstructured hours that make childhood fun. Yet we want to help our kids recognize that time, like money, pays big dividends when it's invested wisely.

Session 7 – When the Schoolhouse Rocks

When placing emphasis on a *commitment toward learning*, parental involvement pays off in tangible ways. For example, Session 7 highlights:

- ♣ Achievement Motivation
- ♣ School Engagement
- ♣ Homework
- ♣ Bonding to School
- ♣ Reading for Pleasure

Session 8 – Creating Character

It has been said that reputation is what you do when people are watching, and character is what you do when no one is looking. If that's true, a child's character probably is much more important to most parents than his or her reputation.

Good character makes itself known through Positive Values – the priorities that push us to do the right thing, even when it doesn't seem to benefit us. Positive Values make us look past ourselves, to the people and world around us, to see how we can make things better.

Session 9 – Like Facebook ... Only Better

The time and energy you invest in developing your child's social skills will be rewarded throughout his life. You have no way of knowing who your child will marry, who his friends will be, where he will work, or what his daily routine will involve in the future. What is certain, though, is that good social skills will pay off in every one of those areas – and countless others.

Session 10 – Three Thumbs Up

A child's identity—the way she sees herself and her place in the world—is a fragile thing. It should be handled with care. The good news is that a parent can help shape her identity into something powerful, something from which she can draw strength for the rest of her life.

It's important, then, to understand how to give you child a positive sense of identity. A great place to start is with the four building blocks of POSITIVITY IDENTITY:

- ♣ Personal Power
- ♣ Self-Esteem
- ♣ Sense of Purpose
- ♣ Positive View of Personal Future

Session 11 – What Your World Needs Now, Part 1

By Session 11 you will have become familiar with the *Raising Highly Capable Kids*, Search Institute's forty building blocks of development that help young people grow up healthy, caring, and responsible.

Cultivating all these elements of success might take several lifetimes. That's why Session 11 is designed to help you narrow down the number of Assets you'll need for victory from now on.

Session 12 – What Your World Needs Now, Part 2

A smart contractor wouldn't begin a major construction project without blueprints. A savvy entrepreneur wouldn't approach investors without a business plan. And a wise parent wouldn't try to introduce a *Developmental Asset* into his or her family without a course of action.

If you've identified the *Developmental Assets* you'd like to build into your child by Session 12, it's now time to consider the best way to go about it. Think about the below factors that will ultimately determine your success or failure:

- ♣ Your child's personality
- ♣ Your family environment
- ♣ Your support group
- ♣ Your motivation
- ♣ Your schedule
- ♣ Your strengths and abilities
- ♣ Your patience
- ♣ Your determination

Session 13 – Just the Beginning

Session 13 is a commencement—a celebration of what you've learned and an eager look forward to what you're going to do with your knowledge.

Now that you've been introduced to the 40 Developmental Assets, you have the tools to effect real change in your child's life. You may not feel comfortable or proficient with those tools yet, but you will. It just takes practice.

The key is to get started as soon as possible, to begin the trial-and-error process. There's likely to be plenty of error along the way, especially at the beginning. So, cut yourself plenty of slack. ENJOY!

ResilientKidz™ is a 501c3 educational organization created to champion the needs of children and to equip parents to build thriving, healthy families through research, community initiatives, and reliable content.