



## Growing Resilience, Care, & Responsibility

What can we do to encourage our children to be more resilient, caring and responsible? The answer is in the Crucial Cs.\* These four core needs aren't a luxury. To the extent to which a child experiences them, they will:

- Function fully in society: perceive their innate value and perceive the needs of the situation beyond their own wishes.
- Contribute to others and express social interest, express self-discipline, good judgment, and be problem solvers.
- Participate in a give and take, assume appropriate responsibility
- Be resilient and take in stride whatever may come without withdrawing, becoming judgemental or antagonistic.



### Connect

*I am connected. I feel belonging.*

Belonging provides a sense of security which enables children to reach out to others and take risks. Without belonging, one feels isolated, insecure. It may show up as someone who acts in negative ways to get attention by being a nuisance, show off, clown, or pest. The core need is to belong, feel connected.

Strategies for supporting positive belonging:

- Look for strengths: “what you feed flourishes”
- Give positive connected time: special time/hang time



### Capable

*I am capable. I'm confident, independent, and can grow. I need to be independent/self-sufficient. I can do this!*

Competence leads to self-respect and self-esteem. Without a feeling of being capable, one perceives that they are inadequate. Seeking a sense of competence, they may mistakenly believe that they need to control others, become defiant, dependent, and believe that their strength lies in proving that they can't be forced or made to stop.

Strategies to support a child with positive power:

- Provide choices: a sense of control over their own lives
- Encourage independence by training and giving responsibilities

## Growing Resilience, Care, & Responsibility with the Crucial Cs



### Count

*I count. I know my voice matters. I feel valued. I need to be needed.*

Everyone needs to feel significant. Children need to feel that their contributions are appreciated and necessary. When we let children contribute, they develop the belief that “*I matter here and I can make a difference.*” Without this belief, they may believe: “*You are against me*” or “*No one really likes me.*” It hurts to believe you don’t matter and someone with this feeling may seek revenge, try to hurt back, or show their pain.

Strategies for supporting the belief that “*I Count*”:

- Separate the problem from the person – the deed from the doer
- Include children in problem-solving, making rules and shared agreements



### Courage

*I have courage. I can handle what comes. I feel hopeful. I can encourage others.*

Courage comes from knowing that we are not defined by our mistakes. Without encouragement, one may believe that their mistakes define them. They may feel inferior, defeated, hopeless and may believe: “*I can’t do anything right so I won’t try.*” and “*If I don’t try, my failures won’t be so obvious.*”

Strategies for supporting Courage:

- Allow children to struggle or succeed without pampering -- resist the temptation to save, rescue, pity, feel sorry for or reward. Provide support through helping them to break a big task into small achievable steps.
- Look for strengths and create a definition of success that is bigger than the issue at hand– grades or sports prowess. Notice the process over the final result. Put more emphasis on steps of progress rather than end results.
- Invite opportunities for them to contribute to others.

#### Sources:

- Four Essential Needs: Alfred Adler identified the four core needs: to belong, to improve, to feel significant, and encouragement.
- Crucial Cs: Betty Lou Bettner and Amy Lew translated Adler’s core needs into the Crucial Cs: Connect, Capable, Count, Courage.
- Unwanted behavior typically shows up when someone perceives they are missing one of the core needs. Rudolf Dreikurs identified the four Goals of Misbehavior.

