

Giving Our Children S.P.A.C.E. to Build

RESILIENCE



Support

- Be willing to listen
- Provide positive feedback and support



Problem Solve

- Reflect on problems, issues and setbacks together
- Guide them to develop alternate plans



Affirm

- Be specific with praise
- Acknowledge strengths and efforts



Cheer

- Spur them on for renewed efforts
- Celebrate all successes, even small ones
- Share inspirational stories of resilience



Empower

- Provide them with opportunities to take risks and experience challenges
- Allow them to voice their ideas and make decisions
- Let them take responsibility for their plans and actions

Building S.P.A.C.E. into our Conversations



More of this...

Support acknowledge,

“Tell me more...”
“Your thoughts matter.”

Problem solve with,

“What have you done before that worked?”
“Let’s think of what we can learn from this...”

Affirm specific,

“Good effort!
How did you do it?”
“I see you are good at...”

Cheer inspire hope,

“Thanks for..., it really made a big difference.”

Empower build up,

“We can try your suggestion.”
“How would you like me to support you?”



Less of this...

not discount

“There is no reason for you to feel this way.”

not for

“This is how you should do it.”
“I told you before, why didn’t you listen to me?”

not general

“Good job!”
“You are so smart!”

not fear

“If you don’t ...,
you won’t get ...”

not take over

“It’ll be faster if you do it my way.”
“Let me do it for you.”

