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# Scripts for Building Resilience



Parenting is a glorious gift, but it is also sometimes incredibly challenging. Every stage of development comes with excitement and challenges. In those challenging moments, it's incredibly useful to have some scripts on hand to guide you and provide moments of connection with your child. We've put together a few to add to your toolkit for some of the most common parenting scenarios.

## After Hearing Your Child Say, "I Can't Do It"

**INSTEAD OF:**  
"Okay, I'll do it for you."

**TRY:**  
"You can't do it yet."

This script points your child to a growth mindset instead of a fixed mindset. The fact that he can't do something yet doesn't mean he never will.

## When Your Child Makes a Mistake

**INSTEAD OF:**  
"It's okay, don't worry about it."

**TRY:**  
"Let's try again."

It's easy to want to absolve our children from the uncomfortable feelings that come with making a mistake, but feeling better doesn't make a situation better. If the child is able to try again and get it right, it will go a long way toward building good habits.

## After Hurting Someone

**INSTEAD OF:**  
"Why did you do that? You know better than that."

**TRY:**  
"How can you make it right?"

Many times, a child doesn't fully know why they did something hurtful. In truth, they don't necessarily need to know why they did it in order to know it was wrong. However, giving them the opportunity to make it right by apologizing and asking forgiveness models what Jesus invites us to.

## When Dealing With Challenges

**INSTEAD OF:**  
"It's okay. Let me do this for you."

**TRY:**  
"We can do it together."

Fighting our children's battles for them can give them the impression that we don't think they are capable. Coming alongside them, in contrast, can offer the support they need to accomplish the task at hand.

## After Conflict With You

### INSTEAD OF:

“Don’t worry about it – it’s not a big deal.”

### TRY:

“There is nothing you can do or say that will make me not love you.”

Conflict is a big deal, and children feel it, too. We don’t want to train our children to devalue relationships or ignore conflict, but rather to value people enough to engage in reconciliation. After a time of friction, followed by confession and repentance, repairing the relationship by affirming your commitment to your child is a tremendously powerful way to build resilient relational bonds.

## When Complaining

### INSTEAD OF:

“Stop complaining.”

### TRY:

“This is a good time to remember what we are grateful for.”

Discontent can quickly become contagious. Telling a child not to do something is less likely to achieve the desired response than telling a child what to do. We must offer an alternative. Making that alternative fun increases the likelihood that children will enjoy the process and learn. We’ve found that the “gratitude game” (simply taking turns naming things we are grateful for) can snap us out of a whiny mood quickly.

## When Experiencing Disappointment

### INSTEAD OF:

“It’s okay – don’t be sad” or “It’s no big deal.”

### TRY:

“I’m here. How can I help?”

It’s okay for our children to experience difficult feelings; in fact, it’s normal for all of us. Being available to support and asking how we can help communicates that they are not alone, without us needing to feel their feelings.

## When Using Scripts:

- Think about the common challenges that come up in your family, and practice the scripts you’ll need so you’re ready when those moments arise.
- Help a child calm down before giving them logical steps to take. Timing is everything, so use the scripts with patience and sensitivity.
- Beyond using the right words, focus on pointing your child toward what’s true.



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