

NEWSLETTER

re:co
re:connect

parenting with
GRIT

OCTOBER
2022

I don't know about you, but I showed a lot of grit today. I mostly felt like taking a nap, but instead I finished up some work that needed to happen around the house and cooked dinner all while returning emails from work and answering calls. Having "grit" — or not giving up when things are hard — happens a lot. Teaching our teens about grit is as much about what we say to them as it is about what we model for them. How do they SEE us showing grit? Keep in mind: most of us show grit in many ways... but perhaps not observable ways for your child to see. So maybe you need to spend time celebrating your grit with your child about something that happened at work, or in your personal journey to overcome something. The act of working through something difficult is great — but it is more impactful when you can share the reasons you pushed through, and how it felt to accomplish something tough.

Teaching grit may also be about having hard conversations or hard moments with our kids. Pushing them to not give up when things are hard means that things for your teen are HARD. And we have to allow them to sit in the difficult moments — allow them to suffer a little bit — so they can feel what grit really feels like. Don't save them from it... allow grit to show up and work through it together, so that they will be able to push through as adults as well.

Questions for parents to consider:

- In what ways have I "saved" my child from showing grit?
- How do I model grit?
- What are the ways I can intentionally share my story of grit with my child?

Questions to ask your child:

- Have you heard of grit?
- What does that mean to you?
- How can I help you to remember how strong you are when things get hard?

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GRT:

Refusing to give up when life gets hard

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Week One:

Later in the month, we are going to look at ways to keep going, and ways to know when it is time to let go. But to start off this month, instead of asking what grit IS, we're going to take a look at what grit is NOT. The bottom line is, some things aren't just about trying harder, but that doesn't mean you simply shouldn't try. Having grit means you know what you're up against, but you find a reason to keep going despite the adversity ahead.

ANTI-BULLYING FOCUS

Week Two:

When things get difficult, people tend to default to one of three options: flight, fight, or freeze. What about you? What do you default to when things get tough? Maybe you tend to withdraw, cry, or decompress by consuming media. In any case, this week we'll take a look at the fight, flight, and freeze options and identify how we currently react to difficulties and some ways to cope with an overactive stress response in the future.

MENTAL HEALTH FOCUS

Week Three:

When you look at your friends and family, you may notice that there seems to be a window of tolerance — levels of ability to tolerate certain things. In other words, what's hard for me might be easy for you, or vice versa. How do we account for that when thinking about and trying to show grit in our lives?

Week Four:

How does one build grit? And when is it right to give up? This week, we will look at practical ways to build grit, and learn how to bail "the right way" when you know that sticking with it isn't the right move.

COLLEGE & CAREER READINESS