



A PARENT'S GUIDE TO 10 CORE ATTRIBUTES OF CHILDREN WHO THRIVE

Based on the research of Dr. Ron Taffel

Note: While we will refer to your children as such, the basic concepts are relevant regardless of the age of your child.

- 1 **Mood Mastery:** This is your child's ability to recognize and soothe intense or difficult emotions – including anger, anxiety, fear – that fit their temperament.
- 2 **Respect:** The child's ability to understand and internalize expectations, and know how to follow through with reasonable consequences when they are not met. They recognize when they have respect from adults and know to show respect in return.
- 3 **Expressiveness:** The ability to talk about issues that matter to them, aided by their parent's ability to match their communications to their child's particular preferences, including their communicative style, most accessible time of day, degree of directness that can be tolerated. This critical skill is observed in how well our children are able to identify and express their needs and emotional experiences.
- 4 **Passion:** Children should recognize areas they are passionate about in their lives. Parents can help by encouraging love of learning – praising appropriately, dealing with disappointment, competitiveness and perfectionism.
- 5 **Peer Smarts:** Being able to make and sustain friendships, and having the ability to understand and deal with the dynamics of these relationships. Adults can teach their children to trust their feelings about friends, to try active solutions to relationship problems and to walk away when nothing works.



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- 6 **Focus:** The ability to pay attention and learn from new experiences. Adults can help their children to organize activities – number, duration and complexity – that allow them to stick with tasks and to succeed.
- 7 **Body Comfort:** Simply put, acceptance of their body and appearance. Adults can help children accept the way they look; to think but not obsess about it, to avoid struggles around food and to avoid sexual attitudes that affect self-image.
- 8 **Caution:** The ability to look ahead and understand the consequences of decisions. Be open and directive enough, so your child will seek guidance before first-time events and not be afraid to discuss difficulties afterward.
- 9 **Team Intelligence:** The ability to be part of a team while retaining a sense of self worth, Parents can help children understand the basic laws of group dynamics, so that they can function well with others without losing their individuality.
- 10 **Gratitude:** Finally, the ability to think beyond themselves and appreciate what they have, and let others know. Parents can foster in their children a healthy appreciation of gratitude and nurture the roots of spirituality.