

Dealing with Mistakes

Dr. Bob Brooks, co-author, *Raising Resilient Children*

Bob: I'm Dr. Bob Brooks, co-author of *Raising Resilient Children*. Why do some children appear overwhelmed by even minor mistakes or errors when others persist even more determined? The answer...a resilient mindset. Resilient children view mistakes as opportunities for learning. Children lacking hope often believe that they cannot learn from mistakes and are failures. They feel inadequate, lack confidence and are quick to blame others for their problems. How do you think your children would answer the following questions: when your parents make a mistake, what do they do? When you make a mistake what do your parents say or do with you? If you are to reinforce a resilient mindset in your children – your words and actions must communicate an important belief. Namely...we can all learn from mistakes. The fear of making mistakes is one of the most powerful obstacles to learning, we can, and must lessen this fear. I'm Dr. Bob Brooks for the Raising Resilient Kids Foundation.

ANNCR: Visit our website at raisingresilientkids.com. Gaze into the future – through the eyes of your children.