

Islands of Competence

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

Bob: I'm Dr. Bob Brooks, co-author of *Raising Resilient Children*. Do you possess Islands of Competence? No, it's not a tropical getaway. It is a concept that represents our strengths. Resilient children recognize and focus on their strengths. Children feeling poorly about themselves experience diminished confidence. This leads them to minimize or fail to appreciate their strengths and that can be devastating. As adults we make our way successfully through life by learning to identify and take advantage of our strengths. When children discover their strengths, when they're afforded the opportunity to display those strengths, and when they receive positive feedback and appreciation, then they are more willing to confront even those tasks that have proven to be hard for them. Through this process of developing their Islands of Competence, they become resilient. And that's the best trip anyone can take. 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.