

PERSEVERANCE

Parent Resource

What is perseverance?

Perseverance means continuing to try even when things are hard.

As your child gets older, it is important for him or her to continue to develop the perseverance to achieve his or her goals.

In kindergarten through second grade children begin:

- ✓ Identifying ways to overcome a challenge.
- ✓ Developing strategies to discover and demonstrate personal strengths.
- ✓ Learning the value of goal setting.

Below are ways you can help your child learn, practice and demonstrate perseverance:

INTRODUCE THE WORD



Introduce the word “perseverance” to your child’s vocabulary. It is important for your child to understand what the meaning is and how to apply it. Share an example of how you persevered as a young child.

ENCOURAGE PERSEVERANCE



Encourage your child to not give up when he or she experiences a challenge. If your child says, “This is too hard. I cannot do it,” encourage your child to instead say, “This is hard, but if I keep trying, I will figure it out.” Help your child understand that it is okay to fail, but not okay to quit.

BY INTRODUCING YOUR CHILD TO PERSEVERANCE, YOU ARE HELPING HIM OR HER DEVELOP THE NECESSARY SKILLS TO ACHIEVE HIS OR HER GOALS.



SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Identifying personal strengths and areas for improvement.



Working together to solve problems.



DINNER TABLE CONVERSATION STARTERS

Encourage your child to share a time when he or she had to do something hard, but did not give up. Discuss why he or she kept going and how their actions relate to perseverance.

Discuss ways your child can practice perseverance when encountering challenges. For example:

- Propose different solutions
- Refuse to let failures get you down
- Try, try and try again