

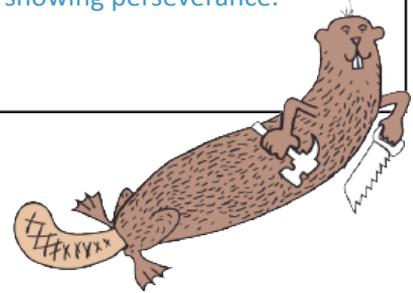
# Perseverance

### Did you know?

- Part of persevering is realizing that with hard work and dedication, you will develop new capabilities to cope and succeed.
- Perseverance enables us to take risks, learn from our failures, and forge ahead with new and better information.
- Following your children interests can definitely make it much easier for them to stick with a task they find interesting.

### PERSEVERANCE is...

Perseverance is being committed in your heart and persistent in your effort. You commit to your goals and overcome obstacles, no matter how long it takes. When the going gets rough and you figure out a way to hang in there and achieve your goals, you are showing perseverance.



### Parents can help children develop perseverance by...

- Recognizing and pointing out when your child works at something, regardless of the result.
- Showing them that the effort is more important than the result. Instead of saying, “You did a good job,” use phrases such as “You really worked hard”. Focus on recognizing the effort.
- No one is perfect at anything when they start, and this is a great way to show your child that falling down or loosing isn’t the end of the world.
- Providing support, helping them evaluate why things weren't successful, and guiding them in determining how to restructure and try again.

### Discussion starters to use in talking with your child about perseverance...

“What goal are you passionate about achieving?”

“What are some words you can say to yourself when you feel like quitting?”

“What is the best thing you can do, and how did you get so good at it?”