

Built for Resilience Syllabus



Session 1 – A Firm Foundation

Establishing a culture of faith in your home can be a trial-and-error process. Determining the key areas can be confusing. There are 5 Foundational Rhythms that remove the guessing game. They are the bedrock of faith and resilience in the home.

Session 2 – We're All in This Together

The fact is, parenting is hard. Everyone struggles. No one has all the answers. But if we talk through our options together, and offer support and encouragement to one another, we stand a surprisingly good chance of getting our kids through their formative years well.

Session 3 – What Kind of Parent Are You?

No two parents are alike. We all bring something unique to the parenting table, a one-of-a-kind perspective shaped by our:

- » Personality
- » View of the World
- » Upbringing
- » Experiences
- » Struggles
- » Victories
- » Hopes
- » Fears
- » and Much, Much More

Session 4 – Stand By Me

Kids don't become healthy, caring, responsible adults on their own. They need assistance, encouragement, discipline, and training. They need the input of people who care about them. They need a group of adults and peers who are invested in their success.

Session 5 – Connected and Valued

Many parents shelter their children from the responsibilities of the adult world, often with the good intention of "letting them be kids." In the process, though, something can get lost — namely, the empowerment and sense of worth that comes from being given an important role in society.

Session 6 – Limits that Liberate

Setting rules and boundaries is a tricky business. You want your child to learn self-discipline and to understand that certain behaviors won't be tolerated. But you don't want to be clashing constantly either. As it turns out, reasonable and consistent limits and consequences aren't just for your convenience. They can benefit your child for life.

Session 7 – Yours, Mine, and Hours

Ever wondered whether your child understands the value of time? From many kids' perspectives, worrying about time is an old person's game, right up there with reminiscing about the past. As parents, we walk a fine line in this matter. We want kids to enjoy their free time — those carefree, unstructured hours that make childhood fun. Yet we want to help our kids recognize that time, like money, pays big dividends when it's invested wisely.

Session 8 – When the Schoolhouse Rocks

When placing emphasis on a commitment to learning, including God's Word, parental involvement pays off in tangible ways. For example, Session 8 highlights:

- » Achievement Motivation
- » School Engagement
- » Homework
- » Bonding to School
- » Reading for Pleasure

Session 9 – Building Character

It has been said that reputation is what you do when people are watching, and character is what you do when no one is looking. If that's true, a child's character is probably much more important to most parents than his or her reputation.

Good character makes itself known through Positive Values — the priorities that push us to do the right thing, even when it doesn't seem to benefit us. Positive Values make us look past ourselves, to the people and world around us, to see how we can make things better.

Session 10 – Loving Others

The time and energy you invest in developing your child's social skills will be rewarded throughout his life. You have no way of knowing who your child will marry, who his friends will be, where he will work, or what his daily routine will involve in the future. What is certain, though, is that good social skills will pay off in every one of those areas — and countless others.

Session 11 – Three Thumbs Up

A child's identity — the way she sees herself and her place in the world — is a complex thing that spans her lifetime. Different stages and roles will continue to shape her identity. It should be handled with care. The good news is that a parent can help her discover strength in her identity as a child of Christ.

It's important, then, to understand how to give your child a positive sense of identity. A great place to start is with the four building blocks of POSITIVE IDENTITY:

- » Personal Power
- » Self-Esteem
- » Sense of Purpose
- » Positive View of Personal Future

Session 12 – What Your World Needs Now, Part 1

By now, you will have become familiar with practical ways to implement Build for Resilience principles into your day-to-day. Session 12 will help you begin to put a plan together for your home.

Session 13 – What Your World Needs Now, Part 2

A smart contractor wouldn't begin a major construction project without blueprints. A savvy entrepreneur wouldn't approach investors without a business plan. And a wise parent wouldn't try to introduce a Developmental Asset into his or her family without a course of action.

If you've identified the Developmental Assets you'd like to build into your child by Session 13, it's now time to consider the best way to go about it. Think about the factors below that will ultimately determine your success or failure:

- » Your Child's Personality
- » Your Family Environment
- » Your Support Group
- » Your Motivation
- » Your Schedule
- » Your Strengths and Abilities
- » Your Patience
- » Your Determination

Optional Celebration/Graduation

Session 13 is reserved for celebration as a group. Think of creative ways to celebrate together. You've invested time and emotions into this class. Talk about the successes of the past several weeks, the opportunities for continued growth, and what is next for the group. (i.e., another parenting class, a small group study, a marriage class, etc.)