

### **Are you helping your child deal with frustration?**

Teachers say that today's kids don't always have the skills to cope with life's minor hassles. Are you helping your child learn to deal with frustration? Answer yes or no to each question:

\_\_\_ 1. I understand that it isn't my job to protect my child from all of life's ups and downs.

\_\_\_ 2. I encourage my child to stick with it when she gets stuck on a homework problem.

\_\_\_ 3. I help my child link effort to success. Sometimes I say, "It isn't supposed to be easy. But you'll get it if you stick with it."

\_\_\_ 4. I point out real-life stories of successful people who have overcome challenges.

\_\_\_ 5. I put my child's feelings into words. "You're frustrated that learning to ride a bike is taking longer than you hoped. You'll get there."

### **How well are you doing?**

If you answered yes to most of the questions, you are giving your child opportunities to work through her frustration. For each no answer, try that idea in the quiz.

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