

A PARENT'S GUIDE TO RAISING RESILIENT YOUTH

Episode IV: Early Support & Proactive Care Helping Kids Before Things Escalate

THE BIG IDEA: RETHINKING CHILDHOOD SUPPORT



RESILIENCE IS BUILT EARLY—NOT IN CRISIS, BUT IN EVERYDAY MOMENTS

Everyday Moments



EARLY SIGNALS: WHAT TO LOOK FOR (OPPORTUNITY, NOT PANIC)

Attention Signals

Opportunity to Connect

Not Emergency/Panic

- Increased Irritability or Frustration**
More easily angered or quickly frustrated by daily tasks.
- Avoiding School or Activities**
Pulling back from friends, favorite clubs, or school.
- Changes in Sleep or Energy**
Sleeping too much, having trouble sleeping, or low energy.
- Spending More Time Alone**
Isolating in their room or pulling away from the family circle.
- Lower Frustration Tolerance**
Giving up easily on small challenges or feeling overwhelmed quickly.
- "I Don't Care" / Shutdown Language**
Using dismissive phrases or disengaging from conversation.

EARLY SIGNALS = OPPORTUNITY FOR CONNECTION & SUPPORT, NOT AN EMERGENCY

THE "WINDOW OF OPPORTUNITY"

CALM

The "Yellow Zone" SKILLS ARE BUILT HERE

OVERWHELMED



STEP IN VS. STEP BACK: SUPPORTING YOUR CHILD

STEP IN WHEN:

- Child overwhelmed and stuck
- Patterns getting worse
- Functioning declining in (school, sleep, relationships)
- Avoidance is increasing

STEP BACK WHEN:

- Your child frustrated but still functioning
- Normal challenges for their age
- They can do it, even if hard
- Stepping in removes the learning opportunity

SUPPORT doesn't mean REMOVING the struggle — it means HELPING them handle it.

WHAT EARLY SUPPORT LOOKS LIKE (TEEN-FOCUSED, SIMPLE + EFFECTIVE)

Simple Actions to Support Someone Early On



NAVIGATING PARENTAL CONCERNS: Reacting Less, Responding Just Enough

COMMON PITFALLS (WE ALL DO THESE)

WAITING TOO LONG ("IT'LL PASS")



A small concern becomes a larger, persistent issue.

JUMPING IN TOO FAST (OVER-RESCUING)



Not allowing space for growth.

TREATING ALL DISTRESS LIKE DANGER



Confusing a child's normal big feelings with real threat.

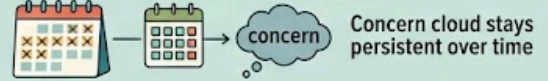
FOCUSING ONLY ON BEHAVIOR, NOT WHAT'S UNDERNEATH



Missing the source of the behavior.

WHEN TO GET MORE SUPPORT

✓ CONCERNS PERSIST FOR SEVERAL WEEKS



✓ YOU NOTICE A CLEAR DECLINE IN DAILY FUNCTIONING



✓ ANXIETY, MOOD, OR BEHAVIOR IS INTERFERING WITH LIFE



✓ YOU FEEL STUCK AS A PARENT



THE GOAL IS NOT TO REACT MORE—IT'S TO RESPOND JUST ENOUGH.

GETTING SUPPORT EARLY IS A STRENGTH—NOT A SIGN SOMETHING IS WRONG.



Touchstone
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PARENTING GUIDE: RAISING RESILIENT KIDS

We're not raising kids who avoid hard things—we're raising kids who learn how to handle them.



You

Got

This