

5 STEPS TO RAISING EMOTIONALLY RESILIENT KIDS

Equip our kids with the ability to navigate life's challenges and bounce back from setbacks.



Yolanda Alvares

About Yolanda



A Thought leader, Author, and Empowered Parenting Mentor.

In her early career, Yolanda completed a Bachelor of Economics and went on to complete her Master's in Business Management (MBA).

Yolanda is a proud parent of 2 daughters, 17 and 22, who co-authored her book "Abundant Motherhood - Empowering Mums to Empower their Kids."

As a parent, and then a single parent, Yolanda went on a personal journey of breakdown to breakthrough. She recognised the importance of successful relationships for a successful life and decided to embark on a career change.

She embarked on a mission of understanding, in-depth, the role of emotions and the science behind the workings of emotions within the body.

Since then, Yolanda completed her certification as an Emotional Intelligence coach, a women's empowerment coach, a mindset mentor and has successfully taken over 200 parents on her 12-week transformational program called "Emotional Mastery for Parents." that she has been running since 2018.

Yolanda has also run workshops and programs globally, in the UK, New Zealand as well as orphanages in India.

Author's Note



Thank you for downloading my PDF, "5 Steps to Raising Emotionally Resilient Kids!" I sincerely appreciate your time and interest in this valuable resource. This carefully curated guide is aimed at empowering you with effective, self-empowering parenting techniques, saving you precious time and energy in your parenting journey.

Let me assure you that this list is not just a simple compilation, but rather the culmination of years of experience working with clients and my personal parenting journey. Countless hours of research, learning, and exploring various sources have gone into crafting these five essential steps. By sharing this resource with you, my aim is to spare you the frustration of spending countless hours going in circles, trying to figure out the next best step.

I genuinely hope that you find immense value in these steps and that they bring clarity and confidence to your parenting approach. Wishing you a fulfilling and rewarding journey as you implement these steps and nurture emotionally resilient kids.

Warm regards,

A handwritten signature in black ink that reads "Yelanda". The signature is written in a cursive, flowing style.

Five Steps

1. KIDS DO AS YOU DO



Our kids are deeply influenced by what they see us do, not just what we say. Take a moment to reflect on how your kids perceive you. Are there areas in your life where you could be more courageous? Do you often play it safe or hold yourself back?

Let's dive deeper into this. Bring to mind a past situation where you did step out of your comfort zone, but it didn't turn out as you had hoped. Take a moment to feel the emotions associated with that experience. Do you sense any regret, anger, sadness, or disappointment?



Remember, we are energy beings before we are human beings, and our kids can sense our emotions, especially when it comes to change. It's essential to clear any negative emotions we hold around stepping into new experiences. This allows our children to confidently explore new arenas in life.



Let's embrace curiosity, release any emotional baggage, and create an empowering environment for our children's growth and confidence!

2. CHANGE YOUR LANGUAGE

Do you ever find yourself questioning if you're a good enough parent? It's a common experience on the parenting journey, and you're not alone. As a parent, you may sometimes be hard on yourself, attributing the insecurities you observe in your kids to your capabilities. But here's the truth: You have the power to choose the thoughts that serve you best.

I firmly believe that "I am the exact parent that my child needs on their journey through life."

"There is nothing more I need to 'be.'

This belief empowers me and guides my actions as a parent. It's about embracing the confidence that we are enough.

When we question our parenting abilities, it often stems from guilt—a dense emotion rooted in fear. This fear-based energy can influence our children's behaviour in negative ways.

However, by consciously choosing a thought contrary to "I'm not good enough," such as the affirmation mentioned above, we shift into a love-based energy. This positive energy can foster better outcomes and behaviour in our children.



3. ADDRESS THEIR CORE NEED

It's important to recognise that our children have five core human needs: love, connection, significance, certainty, and uncertainty. However, the order of importance of these needs can vary from child to child. By identifying our child's innermost need, we gain valuable insight into their inner world.

The next step is to focus our attention on meeting their specific need directly? By doing so, we can eliminate their unconscious struggle expressed through demanding behaviour. It's crucial to stay on the same page with your child, providing validation and truly listening to them before offering solutions to their life's problems.



4. RECOGNISE YOUR EMOTIONAL TRIGGERS

Identify the emotion triggered by your child's negative behaviour. Our negative emotions often become addictive patterns and until we clear them we will inevitably call on situations where they play out.

For example, my go to emotion had been sadness and disappointment. And before I became aware of this I would unconsciously attract circumstances and situations that brought up emotions of sadness and disappointment within me. As I became aware of this pattern, I was able to clear the the emotions and let go of my addiction to them, no longer attracting situations that mirrored it.



Yes, as you can imagine, this process alone was a liberating experience!

Journaling and working with a trained and trusted coach have proven to be very helpful to clear these emotions.

Now, let's explore: What would your go-to emotion be when your child displays negative behaviour? Could it be frustration or disappointment? Recognise that emotion, work through it, and clear it. This process leads to true freedom—a release from our self-imposed limitations.

5. INTRODUCE NEW ROUTINES

Kids thrive on routine and structure, just like we do. It provides them with a sense of safety and predictability, allowing them to feel secure in their environment. When children feel secure, they become more open to trying new things and stepping out of their comfort zones, fulfilling their need for variety.

Consider where you can introduce routines in your child's life. For example, a dinner time routine can transform the task of clearing up into a fun family activity. In our home, we have a routine where one person rinses the dishes, another loads the dishwasher, and someone else puts away unfinished food while we share stories about our day. It becomes a joyful moment of connection that we eagerly look forward to.

A handy trick to introduce new routines, try attaching them to something your child already does.

Now, here's a challenge for you: Can you think of a new habit or routine that would benefit your own life? Take a moment to reflect on how you can bring more structure and routine into your daily routine.

In my regular interactions with parents and families, I have observed that when parents embrace structure and routine in their lives, their children naturally follow suit.

Let's Connect

JOIN AND CONNECT

EMPOWERED PARENTS GROUP

Connect with other
likeminded parents

<https://tinyurl.com/ye9tphx>



JUMP ON A CALL

FREE 30-MIN PARENTING AUDIT SESSION

Uncover underlying
patterns behind
current challenges

Strategies for more
calm in the home

<https://tinyurl.com/ynu7f3hu>



FIND US & OUR EVENTS



<https://linktr.ee/empoweredparentingwithyolanda>

