

A photograph of two young women lying on their backs on a metal structure, possibly a fire truck, looking up at the sky. The woman on the left has long brown hair and is wearing a purple long-sleeved shirt. The woman on the right has long blonde hair and is wearing a blue denim jacket. The background shows a blurred outdoor setting with trees and a building.

# **FOUR SKILLS OUR KIDS NEED** to thrive post-pandemic

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**for U-Prise & Focus Family Outreach Committee**

*Greg Raines*



It's all about  
manage-ability.



“I feel anxious, but I can get through this ...

- class
- anxiety attack
- fight with my boyfriend
- disappointment ...”



**Which kids are well positioned to do well going forward?**





A photograph showing the lower half of four people sitting on a set of weathered wooden steps. From left to right: the first person wears black pants and black sneakers with white laces; the second wears blue jeans and gold sneakers; the third wears blue jeans and olive green sneakers; the fourth wears blue jeans with a tear at the knee and white sneakers. The text 'The ones who can ...' is overlaid in white on the wooden planks.

## The ones who can ...

1. Handle uncertainty without becoming disabled by anxiety
2. Remain flexible in the face of abrupt change
3. Move quickly to a problem-solving mind set
4. Employ good relationship skills

*Photo by Gaelle Marcel on Unsplash*



**# 1**

**uncertainty**



**Okay with uncertainty.**

**Don't have to love it.**

**Just have to manage it.**



# LINDSAY BRAMAN

**"Big questions from young kids is hard. The balance between dismissing or overwhelming with too-grown-up answers is hard to navigate. Here's a north star to follow: most kids aren't looking for facts and forecasting, they are looking for safety."**





# # 2

## rigid vs flexible



# RIGID VS FLEXIBLE MINDSET

- It HAS to be this way.
- I NEED to know.
- I'm AFRAID to do it differently.
- I DON'T WANT to do it differently.
- I CAN'T move forward until I'm calm.

I'd like it to be this way, but I don't want to be stuck here, so I'll consider other ways.

- I'd prefer to know, and would be less anxious if I knew, but I'm starting to bug people by asking all the time so let me see how much anxiety about "not knowing" I can handle.
- I am afraid, but maybe if I see someone else do it first I can try too.
- Well, I may have to, so I can either dig in or deal with it and move on.
- Maybe I can do it even *though* I'm still anxious.



**# 3**

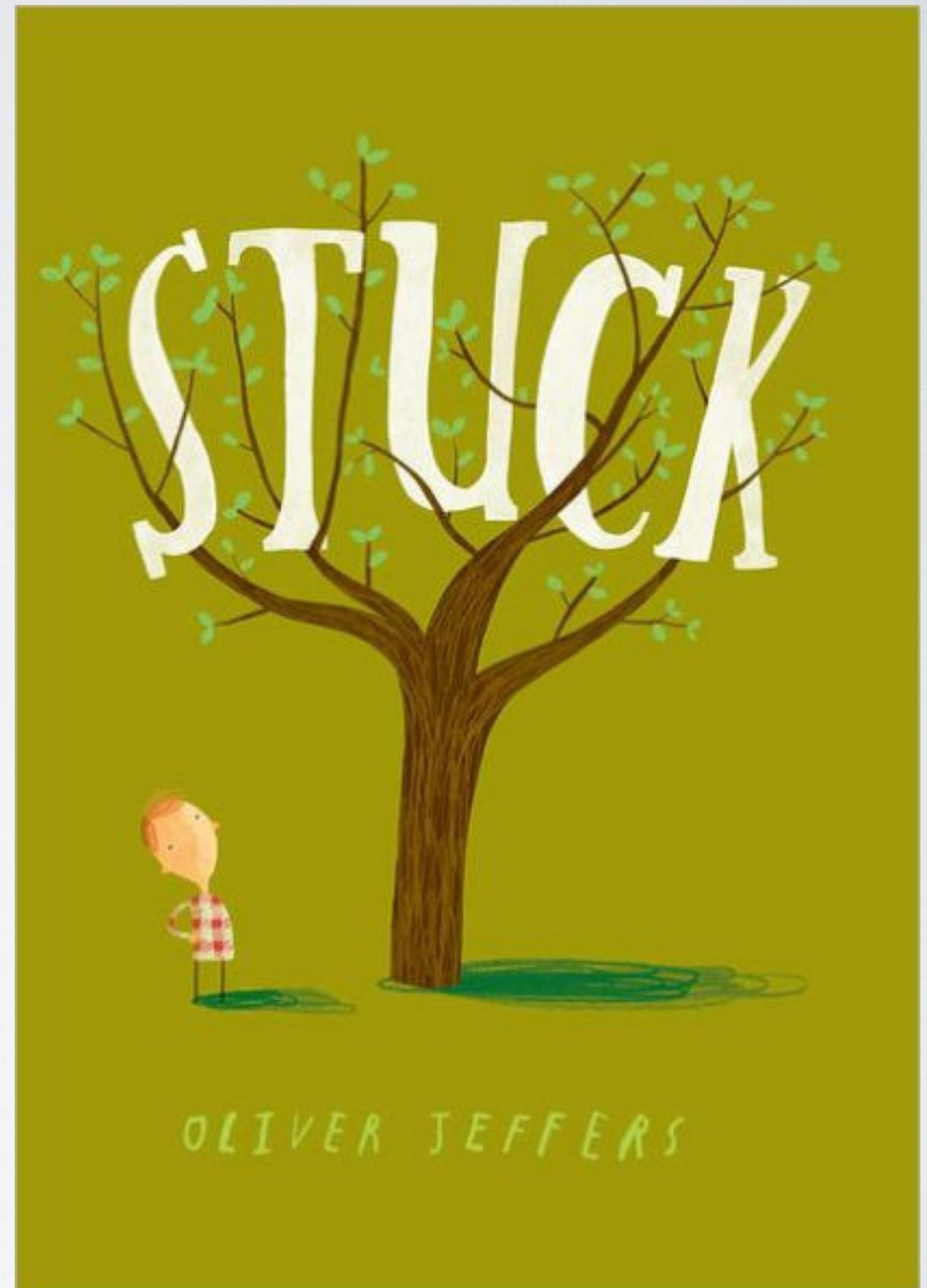
**catastrophize**

**vs**

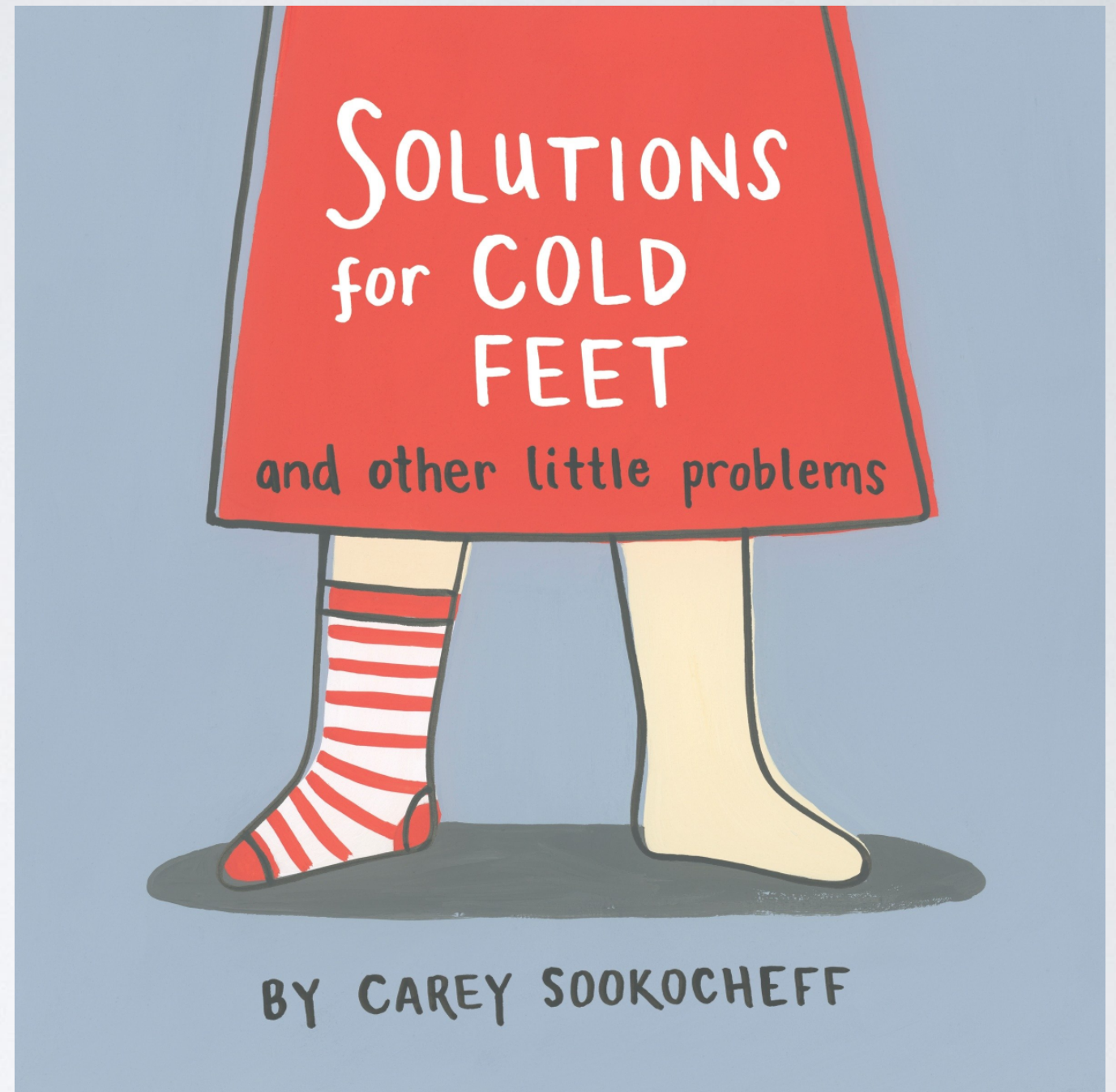
**problem-solve**



**From panic and  
catastrophe and  
paralysis...**



**... to a  
problem-solving  
mindset**





**# 4**

**having good  
relationship skills**



# RELATIONSHIP SKILLS





- **Boundaries**
- **Relationship repair**
- **Emotional literacy**
- **Discernment**





"If we want to  
change the  
conversation we're  
having with our  
teenagers, then we  
have to change the  
conversation we're  
having *about*  
them."

Janet Sasson Edgette



# RESOURCES

- **The Gift of Failure,** by Jessica Lahey
- **[www.parentcamp.org](http://www.parentcamp.org) / Home-School Partnerships**
- **Beyond the Bake Sale: The Essential Guide to Family/School Partnerships,** by Anne T. Henderson
- **The Whole-Brain Child,** by Daniel Seigel & Tina Payne Bryson
- **Kristen Neff: [www.selfcompassion.org](http://www.selfcompassion.org)**
- **Middle School Walk and Talk Podcast**



- **11 Books That Empower Little Kids to Solve Big Problems** — <https://tinkergarten.com/blog/books-that-help-us-teach-problem-solving>
- **Let's stop stressing out our kids with career choice pressure** | Opinion <https://www.inquirer.com/opinion/commentary/teenage-anxiety-stress-college-high-school-20190311.html>
- **Stop Negotiating With Your Teen: Strategies for Parenting Your Angry, Manipulative, Moody or Depressed Adolescent**, by Janet Sasson Edgette
- **The Last Boys Picked: Helping Boys Who Don't Like Sports Survive Bullies and Boyhood**, by Janet Edgette



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