



# The **7** Crucial C's of **RESILIENCE**



## 10 Minutes with Dr. Ken Ginsburg

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In the book, *Building Resilience in Children and Teens*, Dr. Kenneth R. Ginsburg lists the seven “C’s” he considers crucial in building resilience. They are:

### 1 COMPETENCE

Competence is the ability or know-how to handle situations effectively.

### 2 CONFIDENCE

True confidence, the solid belief in one’s own abilities, is rooted in competence. Children gain confidence by demonstrating their competence in real situations.

### 3 CONNECTION

Children with close ties to family, friends, school, and community are more likely to have a solid sense of security that produces strong values and prevents them from seeking destructive alternatives to love and attention.

### 4 CHARACTER

Children need a fundamental sense of right and wrong to ensure they are prepared to make wise choices, contribute to the world, and become stable adults.

### 5 CONTRIBUTION

It is a powerful lesson when children realize that the world is a better place because they are in it. Children who understand the importance of personal contribution gain a sense of purpose that can motivate them.

### 6 COPING

Children who learn to cope effectively with stress are better prepared to overcome life’s challenges.

### 7 CONTROL

When children realize they can control the outcome of their decisions and actions, they’re more likely to know that they have the ability to do what it takes to bounce back.

This book is available through the American Academy of Pediatrics Bookstore,  
[www.aap.org/bookstore](http://www.aap.org/bookstore).

**DR. KEN GINSBURG IS A BUSY MAN**, but finding time to talk about something he’s passionate about wasn’t hard at all. And he is passionate about helping military families. Dr. Ginsburg is a professor of pediatrics at the Children’s Hospital of Philadelphia and serves on the MCEC Science Advisory Board. He cares deeply about creating strong families with resilient children, and that commitment aligns him with the MCEC mission.

As a proponent and author of the 7 C’s Model of Resilience (see left), Dr. Ginsburg has offered trainings at the Army’s Command and General Staff College/ILE in Fort Leavenworth, Kansas, to address Army leadership and their spouses. At a recent training, he was inspired by an engaged audience whose strength was palpable, but who was also open to discussing their pain. “They were hungry for information about how to protect their families, and they shared information and experiences among themselves,” added Dr. Ginsburg. He found the majority of audience questions centered on connections and communication during deployments and reintegration.

“Teaching people how to communicate during deployment actually facilitates reintegration,” says Dr. Ginsburg. He believes resilience is reinforced when people realistically discuss what is going on, and he encourages families to “put challenges with communication on the table, so they can develop strategies to stay connected.” Dr. Ginsburg also stresses the importance of preventing the parentification of children; allowing them to experience childhood without the expectation of providing support to the adults in their lives.

Dr. Ginsburg serves our military families in a variety of settings, and he provides a host of materials to strengthen and support them. For additional resources, please refer to [www.militarychild.org/ken-ginsburg-resources](http://www.militarychild.org/ken-ginsburg-resources) or [www.fosteringresilience.com](http://www.fosteringresilience.com).