



**Negative thoughts can take over if we let them. Reassure your child that just because they think something, doesn't mean it is true. You can help them to think in a more positive way.**

**Negative thought**—Something bad will happen to Mum when I am at school.

**Feeling**—Scared, anxious, worried.

**Behaviour**—Avoid school, tantrum, cry

**Positive thought**—The first day is easy and my friends will be there.

**Feeling**—Excited, energized, happy.

**Behaviour**—Go to school, smile, and say 'Hi' to friends.

## Useful links

### Meditation and Mindfulness

<https://smilingmind.com.au/>

### Building Resilience

[http://www.beststart.org/resources/hlthy\\_chld\\_dev/pdf/BSRC\\_Resilience\\_English\\_fnl.pdf](http://www.beststart.org/resources/hlthy_chld_dev/pdf/BSRC_Resilience_English_fnl.pdf)

## Who can help?

You	<u>You</u> can help
<b>Teachers</b>	If you feel that you or your child need additional support
<b>Beth Davies</b>	School and Family Liaison beth.davies2@taw.org.uk
<b>Trina Elliott</b>	Education Welfare Officer trina.elliott@taw.org.uk



# BUILDING RESILIENCE IN OUR CHILDREN

*Let's help them to bounce back.*

Worry and Anxiety are natural, normal feelings which we all experience from time to time. It is our body's way of preparing us for a challenge.

All children and young people get anxious at times and this is a normal part of their development as they grow up.

When our children are afraid of situations, they want to avoid them. However, avoidance of anxiety provoking situations maintains the anxiety. Instead, if a child faces their fears, the child will learn that the anxiety reduces naturally on its own over time.

## Starting school can be a bit scary sometimes!

Most children become worried about school or things that happen at school at some time or another. There are times when they would rather stay at home.

Children worrying may have headaches or tummy aches in the morning, they may feel sick or cry before school.

You can help by listening, letting them share their worries with you and reassuring them that together you can find a solution.

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## What can you do to help your children?

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- Encourage your child to face his/her fears, not run away from them.
- Tell your child that it is okay to be imperfect.
- Focus on the positives.
- Schedule relaxing activities.
- Model appropriate behaviour, self-care and positive thinking.
- Reward your child's brave behaviour.
- Encourage good sleep routines.
- Encourage your child to express his/her worries.
- Help your child to problem solve.
- Stay calm!
- Practice relaxation exercises with your child.



## Fight those fears!

Children who are not resilient have higher risks of mental health disorders and behavioural problems. There is also emerging evidence to suggest that young people who are resilient are more likely to achieve school success, both academically and personally.

Resilience is not something you have or don't have it is more of a skill we can learn. We can help children become more resilient so that they are more able to cope with life's uncertainties and problems.