

RESILIENCE

Build Resilience in Children

Support for Parents

Top Tips

Open the link to ParentKind website where you can read and get advice on supporting and re-building resilience in your child.

BUILDING RESILIENCE



Resilience is our ability to cope in the face of adversity, trauma or stress. This is something we begin to learn in childhood.

Here are some top tips for helping children build resilience.

- ✓ Remember, bad feelings don't last, have a purpose and prompt us to do things differently.
- ✓ Try to normalise setbacks. Help your child to see that it is not unusual to have difficulties in life.
- ✓ Help them to see that problems can be solved.
- ✓ Encourage young people to keep things in perspective – the problem is usually confined to only one part of their lives.
- ✓ Remember the value of humour – laughing can be a great release (but only if it is well-intentioned).
- ✓ Encourage children/ young people to accept responsibility for their actions.
- ✓ When reading stories, or discussing events, point out how people manage to overcome difficulties.
- ✓ Remember that learning is often frustrating. Encourage children/ young people to persist and believe they can get there.
- ✓ Provide support. Help them to see there are people who care about them and can give them help and advice when needed.
- ✓ Create a positive environment emphasising the importance of relationships and having a sense of purpose.

What to do at home when your child is anxious?

WHAT TO DO WHEN YOUR CHILD IS FEELING ANXIOUS

Talk to your child about anxiety, explain what is happening to their body and why it happens.

Encourage your child that it will be okay, and the anxiety will pass.

Distract them by focusing on something else and put their mind at ease.

Give them a cuddle or hold their hand if they will let you - human touch can be reassuring.

Help them to recognise anxious feelings so they can tell when they are becoming anxious and can ask for help.

It can help to talk to your child about finding a safe place in their mind - somewhere that they feel relaxed and happy.

Name their worst case scenarios and think through together how to sort out the situation if it happens.

Help them maintain a healthy lifestyle with regular exercise to reduce the levels of stress hormones.

Work on positive thinking and relaxation techniques.

Try not to become anxious yourself or overprotective.

Make a 'worry box'. Your child can write each worry down and post it in the box out of sight.

Get your child to breathe deeply and slowly, in through their nose for 3 counts and out through their mouth for 3 counts.

Encourage your child to notice what makes them anxious and discuss it openly.

