

Resilience

Why is it important?

Resilience is such a valuable life skill because it's key to learn how to get back up and carry on after you face a difficult challenge, whatever this might be.

Children can be faced with many problems ranging from adapting to a new classroom, school, friendships, challenging learning, finding something difficult to master, unexpected changes and sometimes family dynamics.

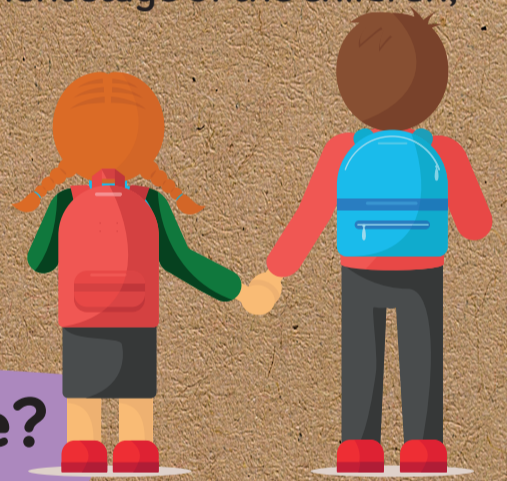
Having resilience does not mean that you are immune to stressful situations but it means you have developed the skills to overcome and deal with them.

Resilience helps young people gain skills for life that help them deal with, and manage challenging situations and circumstances that are unfortunately unavoidable in life.

What sort of targets will the children be working on?

As always the targets will be matched to the development stage of the children, but may include things like:

- I can ask for and accept help
- I can cope with changes to routine
- I can accept the consequences of my actions.
- I can keep trying when learning is tricky
- I can cope when I make a mistake



How can parents help at home?

Here are some ideas for you to try at home to help your child build resilience:

- Celebrate effort as well as success
- Play board games together to encourage turn taking and dealing with winning and losing
- Try activities that require an element of challenge. E.g. make a house of cards, domino rally
- Reading stories about resilience e.g. The Hugging Tree, Bounc Back Betty, My Super Me
- Safe place in the house for time out/breaks/ reflection time
- Model resilience yourself - communicate moments when things go wrong for you and how you overcome them
- Learn a new skill that your child hasn't tried before, cycling, dancing, sewing
- Nurture optimism. When things change unexpectedly, focus on what is left rather than what has been lost
- Avoid trying to 'fix' the problem for your child, instead ask questions to help come up with solutions together
- Validate and label emotions e.g. "I can see that you are feeling disappointed about your tower falling down, I would feel the same, how can I help you to make it better?"

