



Resilient kids

It's important for your child to learn the personal and social skills that will help them to become more resilient and cope with problems and difficult situations that may come their way.



Let your child make mistakes

By having to overcome normal challenges for their age and understanding that no-one is perfect, your child will learn how to bounce back and be more resourceful.

By over-protecting your child and doing things for them, you deny your child important opportunities for developing resilience.

Don't fight your child's battles

Sorting out conflicts with friends and peers are important skills for healthy social relationships.

Encourage your child to talk about things that are bothering them

Learning to seek help when a problem can't be solved is an important lifelong skill.

Let your child know that unhappy or difficult times are a normal part of life and usually don't last for long.

Encourage your child to re-phrase unhelpful thinking

Teach your child to turn words such as – *I'm stupid* or *She hates me* into more helpful and optimistic thinking – *I made a mistake, everyone makes mistakes* or *She doesn't hate me she just feels like playing with someone else today.*

Taking responsibility

Encourage your child to take responsibility for the things they have or haven't done that may have contributed to an unhappy situation or setback.

Help your child to understand the role that 'bad luck' and the role that others may have played when they are faced with an unhappy situation or setback.

Be a positive role model for your child

- Talk your problems through with others and look for different solutions.
- Use optimistic thinking and say things out loud, such as - *Things will get better soon.*
- Talk about how you may have managed strong emotions in a calm way.
- Talk about your goals and how you hope to achieve them.
- Show appreciation to others for their friendship.

Thank you for playing a vital role in your child's resilience and wellbeing education.