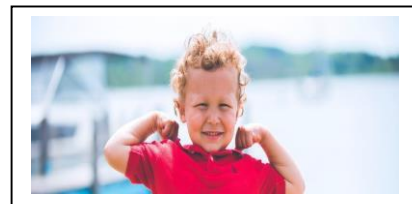


Parent Information Sheet

Building Resilience

All children are capable of working through challenges and coping with stress. Resilience is the ability to bounce back from stress, adversity, failure, challenges, or even trauma. It's not something that children have or don't have - it's a skill that they need to develop as they grow. A person with good resilience has the ability to bounce back more quickly and with less stress than someone whose resilience is less developed. Resilient children are more likely to take healthy risks because they don't fear falling short of expectations. They are curious, brave, and trusting of their instincts. They know their limits and they push themselves to step outside of their comfort zones. This helps them reach for their long-term goals and it helps them solve problems independently.



- **Feeling Safe** - Children need to feel safe and loved.
- **Feeling Loved** - Ensure your child knows they are loved and valued not just by their immediate family but their extended family and the wider community. They need to understand that they have an impact on the community they live in and can make a difference.
- **Talk about Feelings** - Encourage your child to talk about how they are feeling.
- **Time to Express** - Give your child the time and space to express their emotions.
- **Skills** - Focus on your child's key skills and attributes and keep highlighting these to them. For example; are they really good at a particular subject, sport or do they have a special quality?
- **Direct Praise** - Value your child and offer 'direct praise' by commenting on the actual behaviour rather than just a general comment as it will mean more to the young person.
- **Choice** - Give your child choices and options. These could range from simple choices (e.g. what to have for dinner) to a more serious choice (e.g. what subjects to choose for their exams). Giving choices allows them to take responsibility and understand there are consequences and risks that need to be calculated.
- **Uniqueness** - Avoid comparing siblings, family members or friends and embrace the young person's special, unique qualities as this will help to make them feel special and more valued.
- **Balance** - Make sure your child has a healthy balance of activity and rest. Too much activity can cause them to become exhausted, run down or ill. Too much rest can cause a young person to lose motivation, become even more lethargic or put on weight.
- **Support** - Continue to support your child and help guide them to manage decisions and risks well, but allow them to make mistakes that are not too risky. This will help them to learn how to negotiate life and the challenges they will face.