

BUILDING RESILIENCE IN CHILDREN PARENT TIPS

At school, we work hard to help children become more resilient. That means helping them bounce back when things don't go as planned. For example: when they are learning or playing outside with friends or when there are changes in the school daily routines. Here are some simple ideas you can use at home to support this too.

WHAT IS RESILIENCE?

Resilience is the ability to adapt, bounce back, (or even bounce forward!) when something goes wrong.

It is about staying positive and not giving up.

WHY DOES IT MATTER?

Resilient children:

- Cope better with tough situations in their lives.
- Feel more confident and capable.
- Learn to solve problems and keep going even when things are hard.

RESILIENCE SKILLS WE TEACH:

- Understanding and managing feelings
- Controlling impulses (like shouting out)
- Staying hopeful and positive
- Solving problems and challenges independently
- Showing kindness and empathy to others
- Believing in themselves and celebrating their achievements
- Making and keeping friendships.

HOW YOU CAN HELP AT HOME...

- Celebrate the good stuff – praise effort and achievements.
- Talk about the day – focus on what went well.
- Let them solve problems – guide them instead of jumping in with answers.
- Expect independence – encourage them to do things for themselves.
- Challenge negative thinking – help them see the bright side.
- Support them when things are tough – cheer them on!
- Give them responsibilities – age-appropriate jobs help build confidence.
- Include them in decisions – let them help set family rules.

PROBLEM-SOLVING STEPS FOR KIDS

1. What's the problem?
2. What could you do?
3. What's the best idea?
4. Did it work?
If not, try again!

Use this with friendship issues or tricky moments.

WHAT WE'RE DOING AT SCHOOL

- Helping children learn to solve problems themselves.
- Praising and rewarding resilience.
- Teaching and modelling resilience skills.
- Giving children space to talk about feelings.
- Encouraging a positive, hopeful attitude.

TOP 10 TIPS FOR RAISING RESILIENT KIDS

1. Don't meet every need instantly – let them face small challenges.
2. Let them take safe risks – like helping in the kitchen.
3. Teach problem-solving – ask 'What could help you feel better?'
4. Teach real-life skills – like how to say hello or ask for help.
5. Don't always give answers – say 'I'm not sure, what do you think?'
6. Avoid dramatic language – keep things calm and clear.
7. Let them make mistakes – it's how they learn.
8. Help them handle emotions – all feelings are okay, but what we do next matters.
9. Be a role model – show how you cope with stress or setbacks.
10. Ask 'how' not 'why' – 'How will you get ready for your spelling test?'

POSITIVE BEHAVIOUR AT HOME...

- Focus on and praise good behaviour – 'Well done, you are using your knife and fork carefully.'
- Stay calm – avoid shouting and provide simple instructions for what the child needs to do.
- Use time-out calmly if needed.
- Set clear rules and stick to them.