

# Building Resilience in your Child

Part 1 of a 2 part Series

## Overview

We all can develop resilience, and we can help our children develop it as well. It involves behaviours, thoughts and actions that can be learned over time. Following are 5 tips to building resilience. Tune in next newsletter for the next 5.

## 5 Tips

<b>Make Connections</b>	Teach your child how to make friends, including the skill of empathy, or feeling another's pain. Encourage your child to be a friend in order to get friends. Build a strong family network to support your child through his or her inevitable disappointments and hurts. At school, watch to make sure that one child is not being isolated. <b>Connection with people provides social support and strengthens resilience.</b> Some find comfort in connecting with a higher power, whether through organised religion or privately and you may wish to introduce your child to your own traditions of worship.
<b>Help Your Child by having them help other</b>	<b>Children who may feel helpless can be empowered by helping others.</b> Engage your child in age-appropriate volunteer work, or ask for assistance yourself with some tasks that they can master. At school, brainstorm with children about ways they can help others.
<b>Maintain a Daily Routine</b>	Sticking to a routine can be comforting to children, especially those who crave structure in their lives. <b>Encourage your child to develop their own routines.</b>
<b>Take a Break</b>	<b>While it important to stick to routines, endlessly worrying can be counter productive. Teach your child how to focus on something besides what's worrying them. Be aware of what your child is exposed to that can be troubling, whether it be news, the internet or overheard conversations, and make sure your child takes a break from those this if they trouble them.</b>
<b>Teach your child Self Care</b>	<b>Make yourself a good example and teach your child the importance of making time to eat properly, exercise and rest.</b> Make sure your child has time to have fun, and make sure that your child hasn't scheduled every moment of their life with no "down time" to relax. Caring for oneself and even having fun will help your child stay balanced and better deal with stressful times.

# Building Resilience in your Child

Part 2 of a 2 part Series

## Overview

We all can develop resilience, and we can help our children develop it as well. It involves behaviours, thoughts and actions that can be learned over time. Following are 5 tips to building resilience.

Taken directly from: <http://www.apa.org/helpcenter/resilience.aspx>

## 5 Tips

<b>Move toward your Goals</b>	<b>Teach your child to set reasonable goals and then move toward them one step at a time.</b> Moving toward that goal - even if it's a tiny step - and receiving praise for doing so will focus your child on what they have accomplished rather than on what hasn't been accomplished, and can help build the resilience to move forward in the face of challenges. Break down large assignments into small, achievable goals and acknowledge the accomplishments on the way to the larger goals.
<b>Nurture a Positive Self View</b>	Help your child remember ways that they have successfully handled hardships in the past and then help them to understand that these past challenges help them build the strength to handle future challenges. <b>Help your child learn to trust themselves to solve problems and make appropriate decisions.</b> Teach your child to see the humour in life, and the ability to laugh at one's self.
<b>Keep things in Perspective and Maintain a positive Outlook</b>	Even when your child is facing painful events, <b>help them to look at the situation in a broader context and keep a long-term perspective.</b> Although your child may be too young to consider a long-term look on their own, help them see that there is a future beyond this current situation and that the future can be good. An optimistic and positive outlook enables your child to see the good things in life and keep going even in the hardest times. Use history to show that life moves on after bad events.
<b>Look for Opportunities for Self-Discovery</b>	<b>Tough times are often the times learn the most about themselves.</b> Help your child take a look at how whatever they are facing can help them "what they are made of".
<b>Accept that Change is a Part of Living</b>	Change often can be scary for children and teens. <b>Help your child see that change is a part of life and new goals can replace goals that have become unattainable.</b>