



HOW YOU CAN HELP YOUR CHILDREN BUILD RESILIENCE

It is not possible to protect our children from all trauma, adversity and other stresses they will experience throughout their lives. Therefore, it is important for parents and caregivers to proactively teach children how to be resilient.

Did you know? [Harvard University's](#) Center on the Developing Child says the single most common factor for children to develop resilience is at least one stable and committed relationship with a supportive parent, caregiver or other adult.

Help your kids develop the necessary skills to process and adapt to life-changing situations in a healthy way, prepare for future challenges and emerge from adversity even stronger by:

MAKING CONNECTIONS

Connecting with others provides social support, validates feelings, builds strong values, creates a sense of security, and helps people feel less alone. Teach your child the importance of engaging, connecting and actively listening to others. Find ways to help them foster connectivity by suggesting they connect to family members or peers in-person or through phone, video chats and texts.

HAVING THEM HELP OTHERS

Children who feel helpless can feel empowered by helping others. Your child's understanding that they can make a difference can promote competence, confidence and empathy and help them gain a sense of purpose and foster self-worth.

MAINTAINING A DAILY ROUTINE

Sticking to a routine can be comforting to children, especially younger children who crave structure in their lives. Work with your child to develop a routine, and highlight times that are for school, work and play. Particularly during times of distress or transition, you might need to be flexible with some routines. At the same time, schedules and consistency are important to maintain.

PRACTICING HEALTHY COPING SKILLS

An important part of building resilience is learning how to calm yourself down when you are upset and cheer yourself up when you are down. Having healthy skills to cope effectively with adversity will help children be better prepared to overcome life's challenges and prevent alternative destructive paths. Caring for your physical and mental health, having open and honest conversations regularly with your kids, and prioritizing having fun shows kids how to adapt to difficult circumstances or emotions positively and appropriately.





TEACHING YOUR CHILD SELF-CARE

Teach your child the importance of basic self-care. Make time to eat properly, exercise, and get sufficient sleep. Make sure your child has time to have fun and participate in activities they enjoy.

MOVING TOWARD THEIR GOALS

Establishing goals where kids can focus on a specific, achievable task can help them build the resilience to move forward in the face of challenges. Teach your child to set reasonable goals and help them to move toward them one step at a time. Examine what is going well and have a plan of action for what is not.

NURTURING A POSITIVE SELF-VIEW

Children need to realize that the world is a better place because they are in it. Help your child focus on their individual strengths and remember ways they have successfully handled hardships in the past. Teach them to trust themselves to solve problems and empower them to make appropriate decisions. Help them understand that adversity will strengthen their ability to handle future challenges.

MAINTAINING A HOPEFUL OUTLOOK

Even when your child is facing very painful events, help them see that there is a future beyond the current situation and that the future can be good. An optimistic and positive outlook can enable children to see the good things in life and keep going even in the hardest times. But be sure to validate their feelings in the moment and don't force positivity until they're ready.

LOOKING FOR OPPORTUNITIES FOR SELF-DISCOVERY

Tough times are often when children learn the most about themselves. Have them look at how whatever they're facing can teach them "what am I made of?" Helping them develop a solid set of morals and values will make it easier for them to determine right from wrong throughout their lives.

ACCEPTING CHANGE

Change can be scary for children and teens. Help your child see that change is part of life and new plans and goals can replace old ones that are no longer possible or that might just not be a good fit anymore. Share how you have navigated changing goals and plans in your life.

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