



Promoting Resilience in Children is Crucial for Development

Resiliency is the ability to recover from and successfully adapt to change or stressful situations. Most children can bounce back from trauma, crises, risks, changes or stress and experience life success. By promoting resilience in children will build a foundation with the skills and capacity to cope with the 'ups and downs' that everyday life will throw our way.

Helping children to build inner-strength and cope effectively with the 'ups and downs' is one of the most beneficial things parents/caregivers can do. Most people have an inborn capacity for resiliency, "a self-righting tendency" that operates best when people have resiliency-building conditions in their lives.

Children need three main building blocks for promoting resilience: **I CAN - I AM - I HAVE**

- ✓ **I CAN** make a difference. To feel they can succeed. A sense of optimism to try new things.
- ✓ **I AM** a worthwhile person. To know they are loved and are loveable. To feel good about themselves by being included and appreciated. Show delight in what your child is learning.
- ✓ **I HAVE** people around me who love and support me. To have people in their life to look up to and count on. Family in all its different forms that will love me, provide supervision, boundaries, guidance and support.

Allow children lots of opportunities to do what they are good at and learn new skills. As parents/caregivers we are often tempted to keep them practicing what they aren't so good at but it is important for them to succeed. Give your children approval and encouragement for trying new things and getting it right even when your child does not get it right the first time. Tell your child that you are pleased with him/her for giving the task a try before helping your child with the next step of getting it right. Help your child to learn to do things for themselves instead of always providing the solutions.

Remember children learn a lot about resilience from their parents/caregivers so it is important to examine your own coping skills/reactions when dealing with stressful situations. If you feel you aren't coping with a situation don't hesitate to get some support for yourself from a professional who has specialist skills in this area.

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