

Ten top tips for building resilience.

Make connections

Teach your child the importance of engaging and connecting with their peers, including the skill of empathy and listening to others. Find ways to help children foster connectivity by suggesting they connect to peers in-person or through phone, video chats, and texts. It's also important to build a strong family network. Connecting with others provides social support and strengthens resilience.

Help your child by having them help others

Children who may feel helpless can feel empowered by helping others. Engage your child in age-appropriate volunteer work or ask for assistance yourself with tasks that they can master.

Maintain 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.

Take a break

While some anxiety can motivate us to take positive action, we also need to validate all feelings. Teach your child how to focus on something that they can control or can act on. Help by challenging unrealistic thinking by asking them to examine the chances of the worst case scenario and what they might tell a friend who has those worries. Be aware of what your child is exposed to that can be troubling, whether it's through the news, online, or overheard conversations.

Teach your child self-care

Teach your child the importance of basic self-care. This may be making more time to eat properly, exercise, and get sufficient sleep. Make sure your child has time to have fun, and participate in activities they enjoy. Caring for oneself and even having fun will help children stay balanced and better deal with stressful times.

Move toward your goals

Teach your child to set reasonable goals and help them to move toward them one step at a time. Establishing goals will help children focus on a specific task and can help build the resilience to move forward in the face of challenges.

Nurture a positive self-view

Help your child remember ways they have successfully handled hardships in the past and help them understand that these past challenges help build the strength to handle future challenges. Help your child learn to trust themselves to solve problems and make appropriate decisions.

Keep things in perspective and maintain a hopeful outlook

Even when your child is facing very painful events, help them look at the situation in a broader context and keep a long-term perspective. 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 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.

Look for opportunities for self-discovery

Tough times are often when children learn the most about themselves. Help your child take a look at how whatever they're facing can teach them "what I am made of."

Accept change

Change often can be scary for children. Help your child see that change is part of life and new goals can replace goals that have become unattainable. It is important to examine what is going well, and to have a plan of action for what is not going well.

Understanding and promoting resilience



We will always seek to work alongside parents to ensure the best outcomes for our pupils and families. If you have any concerns or questions at any time, please contact us

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Understanding resilience

Children can be asked to deal with a range of problems. It can be adapting to a new situation, changes of friendship groups, loss or trauma. Add to that the uncertainties that are part of growing up in a complex world, and childhood can be anything but carefree. The ability to thrive despite these challenges arises from the skills of resilience.

The good news is that resilience skills can be learned.

Building resilience is the ability to adapt well to adversity, trauma, tragedy, threats, or stress. With resilience our children have resources to manage stress and feelings of anxiety and uncertainty.

However, being resilient does not mean that children won't experience difficulty or distress. Emotional pain, sadness, and anxiety are common when we have suffered major trauma or personal loss, or even when we hear of someone else's loss or trauma.

We can't show resilience without challenge.

It becomes very hard to build resilience if we have too much risk or too much challenge.

We can show resilience in one place and at one time, but struggle at another time.

Resilience is a process we go through: we will all do it differently, at different times in our lives: sometimes, some of us will do it more successfully than others.

What predicts resilience?

There is an interaction –which can be complicated – between:

Nature – what you were born with

Nurture – what we grew up with

Events – what has happened to us

Research shows that people are more vulnerable to the effects of adversity when:

They are younger

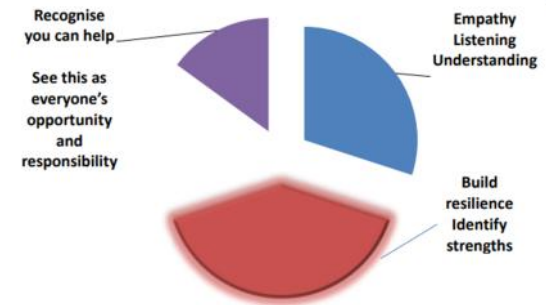
There is poverty or social deprivation

They do not have effective social support or there are ongoing or past life stresses.

Level	Adverse factors		Protective factors
Individual attributes	Low self-esteem	↔	Self-esteem, confidence
	Cognitive/emotional immaturity	↔	Ability to solve problems and manage stress or adversity
	Difficulties in communicating	↔	Communication skills
	Medical illness, substance use	↔	Physical health, fitness
Social circumstances	Loneliness, bereavement	↔	Social support of family & friends
	Neglect, family conflict	↔	Good parenting / family interaction
	Exposure to violence/abuse	↔	Physical security and safety
	Low income and poverty	↔	Economic security
	Difficulties or failure at school	↔	Scholastic achievement
Environmental factors	Work stress, unemployment	↔	Satisfaction and success at work
	Poor access to basic services	↔	Equality of access to basic services
	Injustice and discrimination	↔	Social justice, tolerance, integration
	Social and gender inequalities	↔	Social and gender equality
	Exposure to war or disaster	↔	Physical security and safety

So what can we do to promote resilience?

The good news is that we can all make a difference. As long as we recognise that we can help. Our everyday interactions really do make a difference.



Our everyday interactions contribute to ensuring the child has a secure base in school, we give encouragement to their talents and interests, to instil a love of education and a positive outlook.

