

Teach Skills to Be Resilient

It is a natural instinct for parents to protect their children from stress and emotional hurt. Does this instinct offer the best help to the child? We all face daily challenges. Parents cannot always shield their child from these hardships.

Parents must prepare their kids to handle life's up and downs without preventing the hurt. Resilience is the ability to "bounce back" from difficult situations. Every child can learn this skill.

The ability to manage stress and disappointment benefits children. Resilient kids are more likely to:

- Make and keep friends.
- Find success in school.
- Be better problem solvers.
- Have increased self-confidence.
- Be less sad and depressed.

Parents help their child build resilience through daily life lessons. Resilient kids learn this skill by watching and listening to parents. When parents handle stress well, they teach by example.



Instill resilience in your child.

- 1. Develop a loving relationship.** Let her hear positive words. Show her love and affection.
- 2. Teach empathy.** Use words and actions to let him know you understand how he and others feel. Show him how to care for others – to make friends.
- 3. Admit your mistakes when something goes wrong.** Calmly explain your actions to correct your mistake — to do it better.
- 4. Help her develop self-control.** Use deep breaths when upset. Teach games to play while having to wait.
- 5. Display an optimistic attitude.** For example, if you watch your child fall, help him bounce back up and try the activity again. Avoid over-protective behaviors.
- 6. Allow mistakes.** Encourage her to try again. Mistakes teach children.
- 7. Teach problem solving skills.** When he confronts a problem, ask, "What else can you do?" Offer to give him suggestions if he wants them.
- 8. Praise efforts – not results.** Whether the outcome was a success or a failure, praise her hard work.
- 9. Keep daily routines.** They make him feel safe - give him comfort. He will learn the skill of developing his own routines.

Being resilient does not keep kids safe from pain, trauma or hardship. It enables them to recover and move forward – to thrive and survive.

Brought to you by Parent Help Line at HSHS St. John's Children's Hospital to help keep kids safe, healthy and happy.



Call the Parent Help Line. Help is just a phone call away.
1-217-544-5808 or 1-888-727-5889, 10 a.m. to 10 p.m., 7 days a week
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