

Resilience



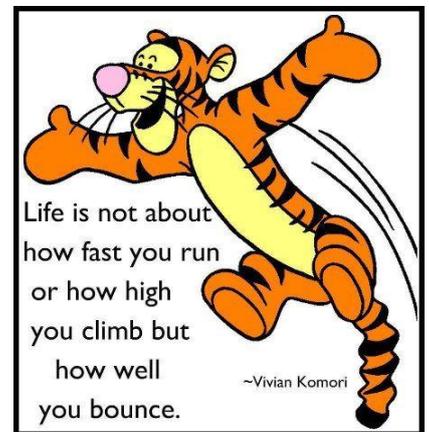
Our value this half term is resilience. Resilience is the ability to steer through serious life challenges and find ways to bounce back and to thrive. We are born with the capacity for resilience. But resilience is not something we have or don't have. We work on it throughout our lives. And we need to start as early as possible.

Children learn a lot by watching their parents and other significant adults. When adults cope well with everyday stress, they are showing their children how to do the same. Resilience makes a big difference in people's lives. People who respond to hardships with resilience are:

- healthier and live longer
- happier in their relationships
- more successful in school and work
- less likely to get depressed

Many of the things that support healthy development in young children also help build their resilience. These things include:

- a secure bond with a caring adult
- relationships with positive role models
- opportunities to learn skills
- opportunities to participate in meaningful activities



Here are some ideas on how you can help your child to build and develop resilience:

- When adults show affection and attention - children develop a sense of worth.
- When adults listen and understand - children understand others
- When adults stay calm - children learn how to handle stressful situations
- When adults show patience - children develop patience
- When adults model stopping to rethink a problem or situation - children learn to be creative and learn how to problem solve.
- When adults view mistakes as OK - children learn that mistakes are part of learning and will try new ways to solve problems.
- When adults keep trying - children learn to achieve goals
- When adults acknowledge their strengths - children learn how to acknowledge their strengths.

RESILIENCE

[ri - zil - yuh ns]

The power to be able to recover readily from adversity or challenge.

