

# Building Resilience in Children 20 Practical and Powerful Strategies



## 1. Resilience needs relationship building.

What leads kids through adversity, is the reliable presence of at least one supportive relationship.

## 2. Increase their exposure to people who care about them.

'I told Your Aunty how brave you were. She's so proud of you.'

## 3. Let them know that it's okay to ask for help.

Let them know that being brave and strong means knowing when to ask for help.

## 4. Build their executive functioning.

Establish routines, play board games, give them opportunities to think and act independently, as well as make their own decisions.

## 5. Encourage a regular mindfulness practice.

This supports a healthy response to stress.



# Building Resilience in Children

## 20 Practical and Powerful Strategies continued.



### 6. Exercise

It can calm the brain in times of stress.

### 7. Build feelings of competence and a sense of mastery.

Acknowledge their strengths, the brave things they do, and their effort when they do something difficult.

### 8. Nurture optimism.

The idea is to focus on what is left, rather than what has been lost.

### 9. Teach them how to reframe

Acknowledge their disappointment, then gently steer them away from looking at what the problem has cost them, and towards the opportunities it might have brought them.

### 10. Model resiliency.

Bringing them into your emotional world at appropriate times will help them to see that sadness, stuck-ness, disappointment are all very normal human experiences.



# Building Resilience in Children

## 20 Practical and Powerful Strategies continued.



### 11. Facing fear – but with support.

*like a ladder help them gently and safely towards the things that challenge them.*

### 12. Encourage them to take safe, considered risks.

*Age-appropriate freedom lets them learn where their edges are, encourages them to think about their decisions, and teaches them that they can cope with the things that go wrong.*

### 13. Don't rush to their rescue.

*It is in the precious space between falling and standing back up again that they learn how to find their feet.*

### 14. Meet them where they are.

*Resilience isn't about never falling down. It's about getting back up again, and there's no hurry for this to happen.*

### 15. Nurture a growth mindset.

*Having the belief that people have the potential to change, means they are more likely to show resilience when things get tough.*



# Building Resilience in Children

## 20 Practical and Powerful Strategies continued.



### **16. Let them know that you trust their capacity to cope.**

*If you believe they have it in them to cope with the stumbles along the way, they will believe this too. This isn't always easy.*

### **17. Build their problem-solving skills.**

*Rather than solving their problems for them, start to give them the language to solve their own.*

### **18. Make time for creativity and play.**

*This will strengthen their problem-solving skills, and nurture their resilience.*

### **19. Let them talk.**

*Guide them, but wherever you can, let them talk and try to come up with their own solutions. Try to resist solving their problems for them.*

### **20. Try, 'how', not 'why'.**

*Rather than why did you do this, try 'How can you fix this?'*

