Tips for Building Resilient Children

➢ **Listen to your child**  
Be empathetic and teach empathy. This is hardest when you are angry, but it’s about how they feel not you.

➢ **Communicate with respect**  
Talk openly and honestly at an age appropriate level.  
Avoid put downs

➢ **Model realistic thinking**  
"not all girls are like this", "your other friends wouldn’t do this"

➢ **Remind them of times when they have coped before**  
"remember when ...happened and you felt really bad but you got through it"

➢ **Focus on their strengths**  
"you are a kind and friendly girl and you have other friends"  
"you wouldn’t treat others like this"

➢ **Invite them to suggest ideas on what you could do**  
"any ideas on what we could do to fix this?"  
"...your idea is worth thinking about, I’ll have a think too about some ideas"

➢ **Affirm them**  
Do something nice together. Use specific praise

➢ **Set realistic expectations for both ourselves and our children**

➢ **Remember children learn through making mistakes**  
As difficult as this may be to watch

➢ **Develop responsibility**  
By providing children with opportunities to learn responsibility.

➢ **Encourage children to ‘rethink’ their prior ideas and/ or choices**  
This allows children to develop a deeper understanding and helps them to learn from situations

➢ **Encourage ‘helpful’ thinking and self talk**  
"no one will want to talk to me"

➢ **Encourage children to make friends**  
Children learn so much by socialising and making friends. Give children opportunity and space to allow them to learn through friendships.

➢ **Model and teach healthy coping skills.**  
Children need to see role models with healthy coping skills in order to develop their own.