Rogerstone Primary School

Building Resilience: A Guide for Parents & Carers.

Resilience is the ability to cope with and recover quickly from difficult circumstances. Being resilient is not a trait that everyone demonstrates easily or that comes naturally; some people appear to be more resilient than others. We can all practise and develop resilience. You can support children to build their resilience to help them through challenging times in their lives.

Resilience is associated with developing positive skills and abilities that help us succeed in life. Resilience can improve the following:

To promote resilience, parents and carers can...

⭐ Give children clear rules and boundaries and explain the reasons for rules and discipline.

⭐ Demonstrate how to be confident and optimistic.

⭐ Give lots of praise for what your child can do, such as calming down, talking, or making something.

⭐ Use resilient language; 'I know you can do it' encourages independence and reinforces a child's faith in his or her own problem-solving skills. 'I'm here' comforts and reminds the child of the trusting relationships that can be relied on.

⭐ If there are big changes or difficult times ahead, prepare your child slowly by talking about them, reading books, play acting, etc.

⭐ Balance the freedom to explore with keeping your child safe.

⭐ Encourage them to try things and do things on his or her own without lots of adult help.

⭐ Give your child comfort and encouragement in stressful situations.

⭐ Provide a stable environment for your child, but also some new and novel experiences.

The Resilient Child...

I am...

⭐ Proud of myself
★ Willing to take on a challenge
★ Responsible and trustworthy
★ Autonomous and responsible
★ Filled with hope, faith and trust

I can...

⭐ Communicate
★ Problem solve
★ Manage my feelings and impulses
★ Set and attain goals
★ Demonstrate independence

I have...

⭐ Role models around me
★ Trusting relationships
★ Structure and rules at home
★ Freedom to try new things