

# LET'S GET READY FOR SCHOOL...

07

Practical Strategies to Help Children Build Resilience

11/13

Problem solving

Build a Strong Emotional Connection

Promote Healthy Risk-Taking

Resist the Urge to Fix It and Ask Questions Instead

Teach Problem-Solving Skills

Label Emotions

Demonstrate Coping Skills

Embrace Mistakes—Theirs and Yours

Promote the Bright Side—Every Experience Has One

Model Resiliency

Go Outside

Parents can help children build resilience and confront uncertainty by teaching them to solve problems independently. While the gut reaction of the parent might be to jump in and help so that the child avoids dealing with discomfort, this actually weakens resilience. Children need to experience discomfort so that they can learn to work through it and develop their own problem-solving skills. Without this skill-set in place, children will experience anxiety and shut down in the face of adversity.

SCHOOL CLOSURE DURING COVID-19 WILL HAVE CAUSED MANY STUDENTS ANXIETY, DEPRESSION AND TRAUMA. WE WILL BE POSTING ADVICE TO HELP BUILD OUR CHILDREN'S RESILIENCE LEVELS, WHICH WILL PREPARE THEM NOT ONLY FOR RETURNING TO SCHOOL, BUT HELP THEM COPE FOR LIFE BY TEACHING THEM VITAL SKILLS.

# PROBLEM SOLVING