

# 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

Spend one-on-one time with your children: Children develop coping skills within the context of caring relationships, so it's important to spend one-on-one time with them. This means you need to put down the smart phone and focus on your child. When children know they have the unconditional support of a parent, family member, or even a teacher, they feel empowered to seek guidance and make attempts to work through difficult situations. Positive connections allow adults to model coping and problem-solving skills to children.

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.

Strong  
Emotional  
Connections