

Promoting Resilience in Children and Young People

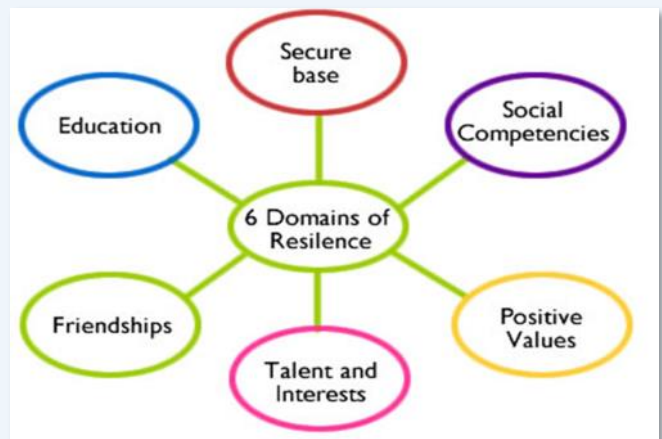
A Guide for Parents and Carers

What is Resilience?

Resilience is the ability to cope with and 'bounce back' from problems and setbacks.

All of us can have problems and challenges. Resilience what we use to keep going and live our lives despite having difficulties along the way.

Resilience is a set of skills and supports, rather than something fixed within us. These skills can be improved, often through the support of the people around us.



Secure Base

1. Have some routines at home that you stick to, for example, a regular bedtime and familiar meal times. Try to be consistent and reliable and keep promises that you make to them.
2. It will often be hard to immediately be there for your child, at all times, when they need. However it is important to try to make space for quality time together when you are able to. Be their champion, praise them and support them.
3. Listen to them when they want to tell you how they feel. Just listening is often enough, rather than feeling as though we need to solve all of their problems.

Education and Learning

1. Try to give them positive messages about school and going to school. Even if you did not enjoy school, try to give them the opportunity to enjoy and engage there.
2. Talk to your child about what they like about school, e.g. favourite lessons or favourite teachers?. What do they like doing there?
3. For some children, there might not be a lot they like about school. Can you help them find other ways they can learn things that are interesting and useful for them?

Friendships

1. Talk to them about who their friends are and why they like them.
2. Encourage your child's friendships, help them spend time with friends outside of school if they want to.
3. If your child is having difficulties with friends, listen to their concerns, and talk to school if necessary.

Talents and Interests

1. What is your child good at? Can you help them spend time doing this?
2. Talk to their teacher about what they are good at in school. Are there ways you can encourage these talents and interests at home?
3. If possible, give your child new opportunities to try things they might not have done before, e.g. try a new sport or club, go to new places.

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Positive Values

1. At home can you encourage things like helping others, sharing, showing kindness, and looking out for other people?
2. Can you be good role model for this and let your child see you doing these things?
3. Can they take part in ways to help others, e.g. give something to a charity shop, help out a neighbour?

Pro-social Competencies

1. Talk to your child and school about whether they can be involved in helping others, e.g. buddy systems, prefects, other volunteering.
2. Ask your child to help out at home with appropriate chores.
3. When arguments or conflicts happen, make sure to talk to them afterwards about what they could have done differently. Try to be a good role model for them when you are solving problems or dealing with conflicts or disagreements.

If you have concerns about your child's wellbeing:

Speak to someone at school, e.g. SENCO, pastoral lead, head of year

[Directory of local mental health and wellbeing services offering support](#)

[Details for your local Primary Mental Health Workers](#)

[Details for your local Child and Family Wellbeing Service](#)



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