

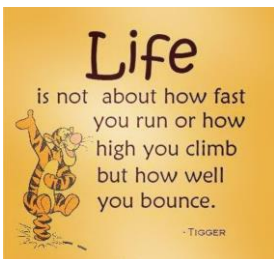


TOP TIPS FOR

BUILDING CHILDREN'S RESILIENCE

Working together to help our children succeed!

Sometimes life is hard – we just can't get away from it. No matter how much we would like to shelter our children and protect them from knocks in life, we can't. Like us, children have to cope with sadness and the difficulties that life can bring, whether it's bereavement, family breakdown, stress, social difficulties, pressure of exams – children can end up having a lot on their minds! So, what can we do to help?



We can help them to **BUILD RESILIENCE**. Resilience is the ability to be able to use our skills and strengths to cope with and recover from problems and challenges. We can enable our children to **BOUNCE BACK** from whatever life throws at them by helping them to hold positive views about themselves, feel more in control, share their feelings/concerns and see themselves as fighters and survivors rather than victims.



SO HOW CAN YOU HELP?



1. FIND TIME TO TALK!

Create an environment that allows for 'OPEN' conversations about feelings, so children are happy to share what they feel.

2. TALK ABOUT EMOTIONS

Help them to identify, describe and understand their emotions.





3. BE A GOOD EMOTIONAL ROLE MODEL

Show them how you keep calm and consistent in how you manage your own frustrations.

4. HELP THEM TO BETTER UNDERSTAND THE LEARNING PROCESS

It is important that children recognise that:

- Learning is not always easy
- Learning is about hard work, effort and persistence
- The more you practise, the better you get. (Children need to understand that when they are struggling with something, they need to spend more time doing it.)
- Making mistakes is a positive and natural part of learning and will help them to make more progress. It does not mean they are bad or stupid; it means they are better learners!



SMALL STEPS BIG CHANGES

5. CELEBRATE SMALL STEPS IN LEARNING

Praise small steps in learning. Learning is a continuous process it's about making little steps on the way to becoming skilled.

Take the process of riding a bike using our feet to push us along on a tricycle, using the pedals, moving on to 2 wheels, then to stabilisers, without stabilisers, falling off, getting back on, falling off, getting back on, falling off, getting back on, being pushed along and held by an adult, riding on our own with limited control over where we are going, riding independently, learning about riding on the road, off road, or on one wheel, and possibly, when they're older, progressing to a motorbike.



It's all about riding a bike but we've come a long way from the tricycle!

Remember to remind children about their starting point, highlight and celebrate the steps to success along the way. They will feel more confident, better able to take on the next challenge and less likely to want to give up. AND ... beware of making comparisons with other children!

6. ENCOURAGE THEM TO TRY NEW THINGS

Research shows that children involved in extra-curricular activities do better! They have fewer behavioural problems, higher attainment, greater self-confidence and more positive attitudes to learning. They can also discover what they are interested in and what they are good at. Children are more likely to stay in education if they have interests that take them beyond the classroom. Involvement in extended school activities can have many other benefits too development of skills, such as leadership, teamwork, problem solving, time management and organisational skills. It can also help to develop social skills through meeting other children with shared interests.



7. ASK FOR HELP

If you're worried that something has changed with your child - seek support. Speak to their teacher or another member of staff. It's better when we work together!