

RESILIENCE

The capacity to **prepare** for disruptions, **recover** from shocks and stresses, and **adapt** and **grow** from a disruptive experience.

Are you looking for ways to help your child become more confident? How they handle everyday frustrations? Bouncing back from life's challenges? This information sheet offers tips and resources to help you develop your child's resilience.

What is resilience?

Life can be challenging for all of us and may include many stressful situations. Parents and children can feel overwhelmed by different things at different times like:



Resilience is the ability to steer through difficult life challenges and find ways to bounce back and to thrive. We are all born with the capacity for resilience. Resilience is not something we have or don't have, we work on it throughout our lives and we need to start as early as possible. Parent/ carers are the most important people to help build their children's resilience.

Children learn a lot by watching their parent/ carers. When you cope well with everyday stresses, you are showing your children how to do the same!



Why is it important to develop resilience?

Resilience makes a big difference in people's lives. People who respond to hardships with resilience are:

- healthier and live longer
- happier in their relationships
- more successful at school and work
- less likely to get depressed

What builds resilience?

Lots of the things that support healthy growth and development in young people also help build their resilience. These things include:

- a secure bond with a caring adult
- relationships with positive role models
- opportunities to learn skills
- chances to take part in meaningful activities

10 best phrases to teach resilience to your kids

1 Goal Humour Phrase "Come on, laugh it off"	2 Goal Contain thinking, perfectionism and anxiety Phrase "Don't let this spoil everything"	3 Goal Distraction Phrase "Let's take a break"	4 Goal Handling worry and asking for help Phrase "Who have you spoken to about this?"	5 Goal Offering hope Phrase "I know it looks bad now but you will get through this"
6 Goal Positive reframing Phrase "What can you learn from this so it doesn't happen next time?"	7 Goal Acceptance Phrase "Don't worry – relax and see what happens!"	8 Goal Perspective Phrase "This isn't the end of the world"	9 Goal Flexible thinking Phrase "You could be right. But have you thought about ... ?"	10 Goal Taking action Phrase "What can we do about this?"

We need both outside supports and inner strengths to build our resilience.

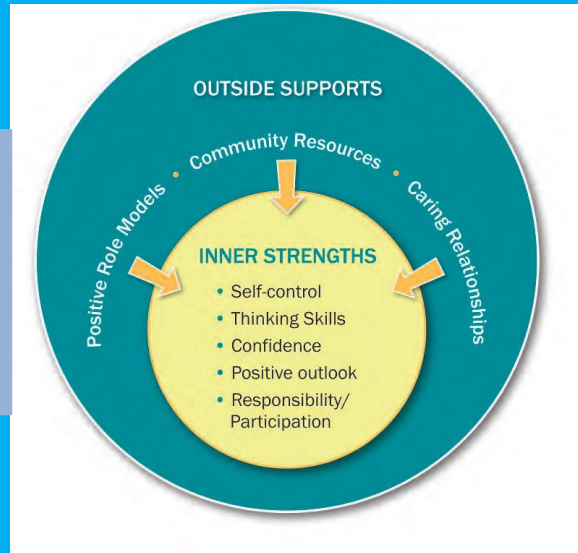
Outside supports can include:

- caring relationships
- positive role models in families and communities
- community resources such as community centres, parent-child drop-in centres, or support programmes for children with special needs

Inner strengths include:

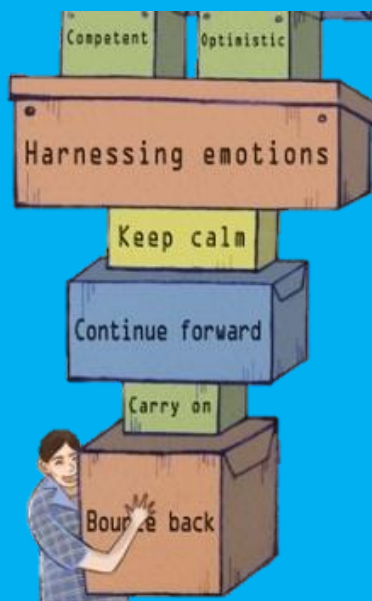
- self-control
- thinking skills
- confidence
- positive outlook
- responsibility and participation

Outside Supports
and ***Inner Strengths***
work together to
develop our resilience.



Building a close, loving, relationship with your child is the most important thing you can do to help develop their resilience. Why? Children do best when they feel loved, understood and accepted, and are protected from harm. Feeling wanted and loved helps us all get through the hard times in life.

Children learn to feel safe and secure through a close attachment with at least one caring person. They also learn that their needs will be met. All of this gives them the confidence to explore their world. Caring relationships provide accepting places where children can learn to regulate their feelings, attention, thoughts, and behaviours. Positive daily interactions with parent/ carers teach our children how to develop caring relationships with other important people in their lives. And - it makes it easier for them to reach out to others when they need help!



Why is self-control important?

Self-control is an inner strength which plays an important part in developing our self-regulation. Self-regulation is how we adjust our feelings, actions, attention, thoughts and bodies so that we can handle different situations without becoming overwhelmed. We need to "regulate" ourselves to make sure we have enough energy, to be alert or calm enough to deal with everyday life or extra stresses.

Children can learn to self-regulate through their interactions with caring adults. Self-regulation helps us handle disappointments we experience in life, our worries and frustrations. It makes it easier to focus on goals, finish what we start and wait for things we want. These are all important in developing resilience.

Self-control skills help us develop our ability to self-regulate. There are simple ways that you can help your children develop self-control skills.

Tips for your child develop self-control and build self-regulation

- **Make sure your child gets enough sleep and eat healthy food.** When children are tired or hungry, it is very hard for them to practice self-control skills and regulate their behaviour.
- **Practice deep breathing to calm yourself down and focus your attention.** You can use any of the following ideas to help children learn deep breathing:
Easy starter!!! Get them to imagine breathing in their favourite smell (like chocolate) and then slowly blowing out an imaginary candle.
"Breathe in chocolate, blow out the candle"

The next two take a bit more effort – but stick with them and give them a couple of tries!

This calming breathing technique for stress, anxiety and panic takes just a few minutes and can be done anywhere.

You will get the most benefit if you do it regularly, as part of your daily routine. (for fuller details just click on the hyperlink or copy the URL to your internet browser address line)

<http://www.nhs.uk/conditions/stress-anxiety-depression/pages/ways-relieve-stress.aspx>

Breathing: Three Exercises

Practicing regular, mindful breathing can be calming and energizing and can even help with stress-related health problems. (for fuller details just click on the hyperlink or copy the URL to your internet browser address line)

<http://www.drweil.com/health-wellness/body-mind-spirit/stress-anxiety/breathing-three-exercises/>

It's important for children to practice using deep breaths when they are not upset so that they can do it easily when they are starting to become upset. You can practice anytime, anywhere – waiting in lines, at a red light, after reading a book together, etc.

- **Help your children picture something pleasant** (like a favourite animal or a special place). This helps them to focus on something soothing and calming when they are feeling upset or afraid.
- **Help your children practice waiting (aimed at younger children in your family).** Learning to develop the patience to wait for things is an essential life skill. There are many ways you can help children practice waiting:
 - **Teach them little rhymes** like *"Count to eight, it helps me wait: 1-2-3-4-5-6-7-8!"* Ask them to say it with you. Rhymes, chants and songs help children focus their attention on something else while they are waiting.

- **Put routines into place that help your children practice waiting.** For example, give them something regular to look forward to like seeing their cousin. Waiting all week for this treat teaches children that it is possible for them to wait.
- **Praise your children for waiting.** *"It's hard to wait to play with your cousin, but you did it! Well done! You are learning how to wait calmly for things you want!"*
- **Play waiting games** with them like "Red light-Green light" or "Freeze."
- **Encourage your children to keep on trying even when it is hard or frustrating.** *"You can do it! Keep on trying ... it just takes a little practice!"*
- **Let your child know it's OK to have strong feelings, but not OK to hurt others.** You can show your child how to express their feelings with words when they're upset. For example, you can say, *"We don't hit. Hitting hurts Jeff's body. You can tell him you feel mad. Tell him you want a turn when he is finished playing with the scooter!"*
- **Let your child know that you are there to help them calm their strong feelings, if they need you.**
- **Help your child learn to stop and think before they act.** Children 3 years and older can begin to learn that their actions have an effect on others. For example, if they are rough or grab toys, other children may not want to play with them.
- **When they are growing-up, read or tell children stories about how others use self-control.**

Resilience: The Art of Bouncing Back



Role Modelling for Resilience

SEE STRENGTHS

When Parent/ Carers ...	Children	Learn To
SHOW AFFECTION & ATTENTION	Feel loved & connected	Have a sense of worth
LISTEN/UNDERSTAND	Feel understood & accepted	Understand others
STAY CALM	Calm themselves	Handle stressful situations
SHOW PATIENCE	Wait	Develop patience
STOP & RE-THINK	Stop and think	Be creative problem-solvers
SHOW POSITIVE OUTLOOK	Appreciate the positives in life	Be hopeful (optimistic)
VIEW MISTAKES as OK	See mistakes as part of learning	Try new things
KEEP TRYING	Keep trying	Achieve goals
SEE STRENGTHS	See their own strengths	Feel confidence
TAKE RESPONSIBILITY & BE INVOLVED	Feel confidence	Feel they belong

If you would like further details on how to develop resilience in the child you care for, please contact our PSA on the number below.

If you feel you need a chat (or emotional support) in contacting any professionals/ agencies, or on any other issue, our PSA can help you. Call the Sunbeck PRS main number and leave your details with the office staff – the PSA will then get back to you as soon as they can.

Main Telephone Contact Number - 01609 710 443

**This tip sheet was developed with the assistance of Sophie Mason
– thank you for your feedback!**