



How do I help my child develop resiliency?

Resiliency is the ability to cope with challenges and recover faster from negative events or feelings. The components of resiliency include good relationships, an ability to deal with emotions, feeling competent to solve problems and having a positive attitude.

Factors that can positively affect your child's resiliency include:

- At least one secure attachment relationship
- Access to a wider support system, such as extended family and close friends
- Structure and rules at home
- Positive school experiences
- Good self-esteem
- Good role models

There are common behaviors that you may see from kindergarten to third grade. Your child may become upset easily. Though they can do more on their own, they are still fairly dependent on their primary caregivers. They need reassurance, especially in new social situations. They are beginning to develop the ability to control their impulses, but may not always be able to do so. They are highly imaginative and enjoy pretend play.

As your child grows, it is important to help him or her build confidence. Encourage your child to join activities he or she enjoys, because children gain confidence by acquiring new skills. Reading, riding a bike without training wheels, preparing food, or learning how to play an instrument can help your child gain confidence.

Developing your own resilience will help you be a better parent to your child. **As a parent you can develop your own resilience by:**

- Nurturing your own relationships with friends and loved ones
- Seeking out help, advice and positive experiences that help you enjoy and appreciate the gift of parenting
- Using your life skills to get to the root of problems and determine the best course of action
- Realizing what you can control and letting go of the things that you can't control
- Managing your own emotions
- Thinking optimistically and staying positive