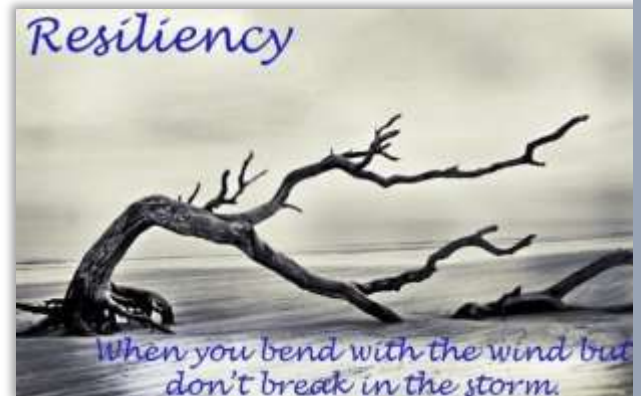


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Helping Children Develop Resiliency

Resiliency is the ability to adapt well to adversity, trauma, tragedy, threats or even significant sources of stress, as well as manage feelings of anxiety or uncertainty. No one is born resilient; rather it is something learned over time. Since no one wants a child to experience these things, it can be difficult to actively foster resiliency in children. However, below are some simple tips to help children develop resiliency.



Let them learn from their mistakes.

It is natural to want to solve a child's problems for them, but by allowing children to solve problems for themselves, they build confidence in their ability to problem solve, while also providing an effective 'teachable moment'.

Keep things in perspective and maintain a hopeful outlook

Even when a child is facing very painful events, help him or her look at the situation in a broader context and keep a long-term perspective. Although a child may be too young to consider a long-term look on their own, help them to see that there is a future beyond the current situation and that the future can be good. An optimistic and positive outlook enables a child to see the good things in life and keep going even in the hardest times. In school, use history to show that life moves on after bad events.

Help them manage their emotions.

Children learn very quickly, which powerful emotions get them what they want. Let children feel their feelings, and then help them manage them and learn what is appropriate.

Ask "how" rather than "why."

Asking how questions such as, "how do you fix this," rather than, "why did you do this," shifts the focus of the question to what to do next, rather than asking for an ultimately unhelpful excuse.

Set an Example.

Children are sponges for the behaviors and examples set by the people around them. It is no surprise then that one of the best ways to teach resiliency to children, is to be an example of resiliency in the face of challenges.

Spend time with them.

Spending time with children helps them feel safe, and give them a strong base to explore the world.