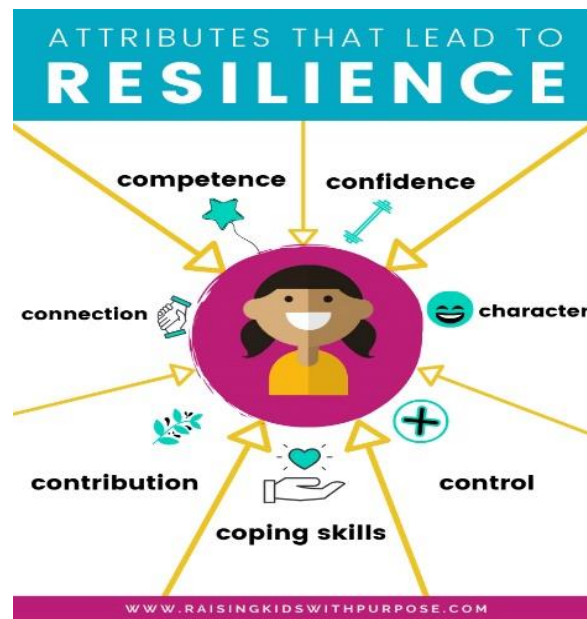


## Resilience Fact Sheet



### What is resilience?

Resilience is the ability to cope with problems and changes and bounce back after these challenges.

### Resilient people have the following attributes

Self-esteem – Feel good about themselves and have a sense of being special and of value just because of who they are.

Skills – Skills to cope with stress and challenges.

Support – Good role models (at least one caring adult)

### How do parents foster resilience?

#### Action

Show your children you love them and accept them just as they are. Assure them whether they succeed or not, they have value.

Model positive attributes and values

Have realistic high expectations for achievement and behaviour.

Foster success – encourage your child in whatever area they are good at and value.

Take time to listen to your children.

Teach children about spiritual awareness – the capacity to reflect and to know their life is valuable.

Encourage children to accept themselves as unique and special and to be accepting of the uniqueness of others.

### **Communicating with your child/ren**

#### **Action**

Show your child that you enjoyed talking to them.

Let your children know that it is not just when they are in trouble or having problems that you want to know what is going on in their lives.

Arrange opportunities to share time with your children when you can talk while doing an activity together.eg. cooking or craft

Ask your children their opinion on events, issues and general daily proceedings, so they feel their opinion is valued.

Praise your children not just when they succeed but also when they have had a go even if they make mistakes. Let them know their best is good enough.

Encourage and role model positive language.

