

Resilience: the capacity to cope and feel competent

- Being safe and cared for builds resilience in children
- Positive attitudes reflect a sense of power, promise, purpose, self-worth, and “self efficacy”
- Teach children to think positively
 - Help children believe they can succeed if they try
 - Frame failure as a learning experience
 - Teach them to re-evaluate and adjust strategies that may not be working
 - Encourage persistence
- Demonstrate and provide opportunities for children to see and practice positive emotions such optimism, respect, forgiveness, and empathy
 - Praise them for the effort it took to achieve success
 - Avoid judgmental and harsh criticism for failure (especially non-verbal signs)
 - Receiving and expressing positive emotions buffer children against depression and other negative reactions
- Listen to and validate children’s feelings
 - Label emotions in words that they understand
 - Teach appropriate and calm ways to express positive and negative emotions
 - Teach them how to problem-solve and deal with upsetting experiences
- Ensure regular school attendance
 - Help them complete homework
 - Teach them homework and study strategies
 - Encourage them to develop talents in activities they enjoy
 - Teach them to set realistic goals
 - Teach them how to find and use available resources
- Encourage a variety of friends
 - Having a social network helps children feel supported
 - Help children learn to develop and maintain healthy relationships
- Set, explain, and enforce rules and expected behaviors consistently and fairly
- Teach children how to be assertive and stand up to bullies without being aggressive
 - Help your child plan and rehearse what they will say if they need to stick up for themselves
- Avoid violent games and entertainment
- Controlling stress encourages resilience
 - Practice positive stress control strategies such as meditation, controlled breathing, yoga, exercise, and developing talents
- Encourage good physical health by talking about good nutrition, adequate sleep, and exercise