

Health Hints

Resiliency

Personal resiliency is about our strengths and assets – those resources, attributes and skills that help us recover from negative events or feelings, and help us cope with challenges and look after ourselves when things aren't going well.

We can all develop resilience, and we can help our children develop it as well. Resilience involves behaviors, thoughts and actions that can be learned over time. Resilient kids share four basic skill sets- independence, problem-solving, optimism and social connection. Parents play an important role in helping their child build resiliency skills.

Tips:

- Make sure your child has a daily routine and gets enough rest, food and exercise, and make sure you do too.
- Connect with your child often, during meals, car rides, by helping with homework, watching TV, or doing chores together.
- Listen and talk to your child about how they feel and show acceptance for their feelings.
- Notice your child's good qualities and show interest in the things that interest them.
- Help your child develop social skills. Encourage your child to be a friend in order to get a friend.
- Make sure your child has time to play. Unstructured play and other enjoyable activities help children deal with their stress.
- Teach your child coping skills like taking slow, deep breaths to help them discover ways to feel better when they are stressed.
- Role model a positive attitude. Keep things in perspective and maintain a hopeful outlook.

For more information about children and resiliency:

<http://www.psychologyfoundation.org/pdf/publications/ResilienceChildrenBooklet.pdf>



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