

## Building Resilience in Children: Practical Suggestions

1. Make the child feel loved and secure.
2. Give the child good communication skills. Talk, listen, read & play together!
3. Give the child creative tools for sharing emotions such as the expressive arts.
4. Help the child become aware of the fact that life is sometimes challenging.
5. Give the child a strong value system, one that promotes hope.
6. Teach the child empathy and caring.
7. Give the child structure and balance in life for work and play.
8. Develop a sense of humor in your child.
9. Limit viewing of disturbing TV images of news events, violence etc.
10. Foster a safe atmosphere so the child can share and discuss traumatic events: "I'm here, I hear you, I care".
11. Help the child learn acceptance. "We cannot always choose what happens to us, but we can choose our attitude toward what happens".
12. Teach positive attitudes through your example, play and discussion. Talk in "hopeful" terms about future events can help a child rebuild trust and faith in his own future and the world. Often parent's despair interferes with a child's ability to recover.
13. Teach the child self-control. Give the child the ability to recognize strong, difficult emotions and ways to handle/change them.
14. Teach the child to stay in the present moment and look for the small joys that are in each day even during times of stress.
15. Teach an appreciation of the gift of life.
16. Build the child's self-esteem. You can cope!
17. Keep your child physically healthy: Enough rest, balanced diet, exercise etc.
18. Nurture your child's natural abilities. These will become his/her source of strength in difficult times.
19. Create opportunities for developing the child's social skills.
20. Connect the child to the community through participation in school, church and community activities.
21. Help your child to be the best he/she can be in mind/body and spirit.

