

How Can Parents Build Resilience in their Children?

Opportunity #1: Building Empowerment

Empowering students is to ensure that they feel safe across many contexts in their life, at home, school and in the neighbourhood including being safe from bullying and cyber bullying. It is also ensuring that the young person has useful roles and responsibilities, and feels valued and respected by parents and others.

Tips for parents to build empowerment in children

- Ensure your child feels safe and protected at all times, at home and away from home;
- Provide opportunities to engage with other young people and adults from the wider community to use their abilities;
- Work on tasks together at home; do not leave tasks to children alone but encourage them to do it together;
- Get to know your children's friends and ask their friends to participate in family rituals and values;
- Encourage your children to 'have a go' at new things where they use their skills;
- Give children responsibilities: allow them to plan and lead; engage them in useful tasks;
- Involve children in family decision making;
- Celebrate accomplishments;
- Act as positive role models.