

## **How can parents build resilience in their children?**

### **Opportunity #5: Building Resilient Practices**

**The best way to deal with issues is to focus on the positives. Research shows that an effective approach to raising healthy, competent kids is to concentrate on building resilience. This recognises that there is so much good in our young people.**

#### **Make one resilience building action a priority for the week:**

- Eat at least one meal together as a family every day where you talk about the day;
- Plan fun activities to do together as a family, with friends, and some by themselves;
- Be a positive influence in the life of your friends' children;
- Find fun things to do with your extended family and between generations;
- Talk to your children about the importance of resilience and use stories from the newspaper and TV news to illustrate;
- Do things with your children such as projects around the house, recreational activities, and community service;
- Talk to your friends about it and see what has worked well for them;
- Give lots of love, support and approval;
- Challenge your child to take on useful roles around the house, and give practical skills such as cooking, washing clothes, managing money, pumping up the tyres on their bike;
- Allow them to take on responsibilities to develop their independence;
- Nurture your own resilience by spending time with people who care for you;
- Ensure your child sleeps, eats well and gets sufficient exercise;
- Look for male and female adult role models of various ages to be mentors to your child;
- Understand your child's developmental needs at their current age;
- Keep in contact with your child's teachers to see how they are going and how you can support their learning.