

Parents & Kids on the 'Road to Resilience'

The 'Road of Life' has many bumps, twists & turns. What do kids need to travel it with resilience?

<p>CARING RELATIONSHIPS & POSITIVE ROLE MODELS</p> 	<p>Caring relationships & positive role models help us steer through tough times. Here are some ways you can build a close, loving relationship with kids around you:</p> <ul style="list-style-type: none"> • Comfort kids when they are upset. • Ask about their feelings and thoughts. Listen with interest. • Put yourself in their shoes. Use empathy to understand their point of view. • Give them attention and affection. Smile, play and laugh with them. <p>Remember, kids copy what adults say and do. Here are some ways to role model resilience:</p> <ul style="list-style-type: none"> • Take deep breaths to stay calm and patient. • Stop & re-think. Keep on trying. Look for positives. • Reach out for support – everyone needs help sometimes.
<p>SELF-CONTROL</p> 	<p>Self-control helps us handle strong emotions, wait for things we want and achieve our goals. Here's how you can help kids:</p> <ul style="list-style-type: none"> • Teach kids to take deep breaths to help them calm down and focus their attention. • Help them practise waiting for what they want. • Encourage them to keep on trying when they face obstacles and reach out for help as needed. • Show them there are no magic solutions to problems. Solutions may take time & effort.
<p>THINKING SKILLS</p> 	<p>Thinking skills help us find new ways to look at situations and solve problems. Here's how you can help kids:</p> <ul style="list-style-type: none"> • Use empathy to help kids talk about worries and frustrations. Ask - <i>What are you saying to yourself inside your head?</i> • Gently challenge negative thinking. Help them find other ways to see the situation. • Ask for their ideas about how to solve problems. Encourage flexible thinking. • Help them see that most problems are temporary and have solutions.
<p>POSITIVE OUTLOOK & OPTIMISM</p> 	<p>A positive outlook helps us deal with challenges and be optimistic about our future. Here's how you can help kids:</p> <ul style="list-style-type: none"> • Celebrate and share stories about the "simple pleasures" in everyday life. • Teach kids to look for beauty in nature. Point out a beautiful sunset or the smell of a flower. • Show them how to express appreciation every day for the positives in life. • Help them celebrate their culture and heritage.
<p>CONFIDENCE</p> 	<p>Confidence helps us believe that we can overcome obstacles and solve everyday problems. Here's how you can help kids:</p> <ul style="list-style-type: none"> • Point out their strengths. Every kid has them. • Tell them mistakes are OK. They are part of learning. • Offer encouragement. Help them take small steps and see their progress. • Offer choices. Making choices helps kids feel some control and learn to make decisions.
<p>RESPONSIBILITY & PARTICIPATION</p> 	<p>Helping others and participating in meaningful activities strengthens and motivates us. Here's how you can help kids:</p> <ul style="list-style-type: none"> • Give kids responsibility for doing chores that you know they can do. • Find ways for kids to help family, neighbours or others in your community. • Nurture their interests and hobbies. • Encourage kids to reach out and participate in school and community activities.