

RESILIENCY TOOLKIT FOR PARENTS

10 HACKS TO HELP YOUR CHILD

HAVE MORE RESILIENCY



Facilitate Supportive
**Adult-Child
Relationships**



Give them a sense of
**Self-Efficacy
and Control**



Give them opportunities to
strengthen adaptive
skills and self-regulation



Demonstrate the mobilizing
**nature of faith, hope
and/or cultural traditions**



Support a healthy lifestyle -

Sufficient sleep and exercise are
essential components
of a healthy mind and body



**Teach them to learn from
mistakes and failures.**

Reward the performance rather
than the result and teach them to
search for the lesson in the "loss"



Give them ways to build self confidence.

This can be done by breaking large, seemingly unreachable goals into smaller chunks and mini-attainments. A small goal, will be a small risk and potentially a small failure. This will give them the confidence to try again.



**Encourage them to build strong
Relationships.**

One to many relationships can be difficult at first,
so help them by starting with one-to-one relationships



**Expose them to things that scare them, in
small doses.**

They'll start to develop a "tolerance" to their fears and
gradually be willing to take on bigger challenges



Introduce them to meditation

Meditation can be abstract even for adults to pick up, but
has been shown to be a great stress reducer. Less stress
equals more resilience.

