

BUILDING EMOTIONAL RESILIENCE IN CHILDREN



What is Emotional Resilience?

Emotional resilience is the ability to bounce back from life's challenges, adapt to difficult situations, and maintain a positive outlook. For children, this means learning how to handle their feelings, cope with changes, and grow stronger from life's ups and downs. Building resilience is a process. By providing love, support, and encouragement, you're helping your child develop skills that will benefit them for a lifetime.



WHY IS IT IMPORTANT?

Children with strong emotional resilience are better able to:

- Manage stress and anxiety
- Overcome challenges at school and in social settings
- Build positive relationships
- Develop a sense of self-confidence and independence

HELPFUL RESOURCES FOR PARENTS AND CAREGIVERS

[The CDC's "Learn the Signs, Act Early" Program](#)

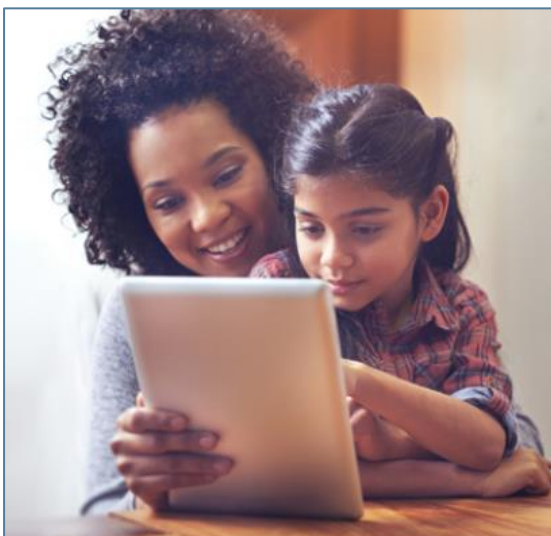
Information on developmental milestones and strategies to support social-emotional growth.

[The Child Mind Institute](#)

A resource for articles, guides, and videos on parenting and building resilience in children.

[American Psychological Association \(APA\)](#)

Provides tips and strategies to support children's mental health and build resilience.



5 KEY WAYS TO BUILD EMOTIONAL RESILIENCE

Encourage Open Communication

- Create a safe space where your child feels comfortable sharing feelings.
- Teach them words to express emotions, such as "I feel angry because..."

Model Positive Coping Skills

- Show how to handle stress in healthy ways, like going for a walk, deep breathing, or sharing feelings.
- Let them see how you handle setbacks, and share your strategies for coping.

Foster Healthy Relationships

- Promote friendships by organizing playdates or family activities.
- Teach empathy and active listening by modeling and practicing at home.

Encourage Self-Care and Mindfulness

- Make sure they get enough sleep, physical activity, and downtime to recharge.
- Practice mindfulness exercises, such as deep breathing or simple meditation, to help them calm down.

Teach Problem-Solving Skills

- Help them learn to break down problems into manageable steps.
- Encourage brainstorming solutions and weighing possible outcomes.

6 KEY PHRASES TO BUILD RESILIENCE

- You can try again.
- You're figuring it out.
- It may look bad now, but you will get through this.
- We can learn from our mistakes.
- You put in a lot of effort.
- What ideas do you have to fix this?

RESOURCES! For more information check out:

Books:

The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind
by Dr. Daniel J. Siegel and Tina Payne Bryson, Ph.D.

Raising Resilient Children: Fostering Strength, Hope, and Optimism in Your Child
by Dr. Robert Brooks and Dr. Sam Goldstein

The Resilience Factor: 7 Keys to Finding Your Inner Strength and Overcoming Life's Hurdles
by Dr. Karen Reivich and Dr. Andrew Shatté

Videos:

How to Raise Successful Kids –
Without Over-Parenting



The Power of Believing That
You Can Improve



Grit: The Power of Passion and
Perseverance

