



# YMCA WA EARLY LEARNING CENTRES

Nurturing children in body, mind and spirit



## BUILDING RESILIENCE IN YOUNG CHILDREN

Life can be full of challenges and may include some stressful situations. Children can feel overwhelmed by different things at different times. When we talk about resilience in children we're talking about a child's ability to cope with ups and downs, and bounce back from challenges they experience.

Building resilience helps children not only to deal with current difficulties that are a part of everyday life, but also to develop the basic skills and habits that will help them deal with challenges later in their adolescence and adulthood.

Resilience is shaped by two things; by the individual characteristics (temperament and personality) and the environment we grow up in (family, community and society).

### Why is it important to develop resilience?

Resilience can make an importance difference in your child's life. By responding to hardships with resilience you are healthier, happier, more successful in school or work and less likely to get depressed.

### References:

[www.healthyfamilies.beyondblue.org.au/healthy-homes/building-resilience](http://www.healthyfamilies.beyondblue.org.au/healthy-homes/building-resilience)

[www.beststart.org/resources/hlthy\\_chld\\_dev/pdf/BSRC\\_Resilience\\_English\\_fnl.pdf](http://www.beststart.org/resources/hlthy_chld_dev/pdf/BSRC_Resilience_English_fnl.pdf)

### How can I build resilience in my child?

As a parent or carer you have the biggest role to play in helping your child build resilience. You can help develop essential skills, habits and attitudes at home by helping your child in four areas:

1. Build good relationships with others – it is important to spend quality time with your child, support your child to build relationships with other adults, help your child develop social skills and friendships with peers, as well as help your child to develop empathy.
2. Build their independence – It's important not to shield them completely from life's challenges. Letting your child work autonomously, with adult support as required, will give your child a chance to learn about themselves, develop resilience and grow as a person.
3. Learn to identify, express and manage their emotions – By doing this your child will be able to manage and respond to emotions in a healthy and positive way.
4. Build their confidence by taking on personal challenges – By providing your child with opportunities to build their confidence they will learn how to deal with obstacles, success and failure. Teach your child to adopt a healthy 'have a go' attitude, so they will learn from trial and error and grow.