



HELPING CHILDREN BUILD RESILIENCE



Resilience is the ability to bounce back from challenges, adapt to change and keep going even when things are tough.

Resilient children are better equipped to handle life's ups and downs and grow into confident, capable adults.



WHAT IS RESILIENCE?

Resilience isn't about avoiding stress or problems. It's about learning how to cope, problem solve, ask for help and keep believing in themselves.

Resilient children are more likely to:

- ✓ Handle stress and challenges better
- ✓ Have higher self-esteem and confidence
- ✓ Build positive relationships
- ✓ Adapt to change
- ✓ Learn from mistakes
- ✓ Develop a growth mindset
- ✓ Look after their mental health



REMEMBER: Resilience is a skill.

It can be learned, practised and strengthened every day.



KEY INGREDIENTS OF RESILIENCE IN CHILDREN

Strong Relationships – Feeling loved, safe and supported

- ✓ **Builds Self-Esteem** – Knowing they are valued and capable
- ✓ **Emotional Awareness** – Understanding and expressing feelings in healthy ways
- ✓ **Problem-Solving Skills** – Finding solutions and learning from mistakes
- ✓ **Independence** – Having opportunities to try, fail and try again
- ✓ **Positive Mindset** – Believing they can improve and overcome challenges
- ✓ **Healthy Coping Strategies** – Managing stress in positive ways
- ✓ **Routines and Structure** – Providing security and stability
- ✓ **Encouragement** – Celebrating effort, not just results



REMEMBER: Every child is different. Build on their strengths, be patient and celebrate small steps.

PRACTICAL WAYS TO BUILD RESILIENCE EVERY DAY



LISTEN AND BE PRESENT

Show genuine interest in their thoughts and feelings. It helps them feel heard and valued.



ENCOURAGE EFFORT

Praise their effort, perseverance and progress, not just achievements.



TEACH PROBLEM SOLVING

Guide them to think of solutions, make choices and learn from mistakes.



GIVE AGE-APPROPRIATE RESPONSIBILITIES

Let them help, make decisions and take ownership. It builds confidence.



PROMOTE HEALTHY HABITS

Ensure good sleep, healthy food, physical activity and time to relax and play.



BUILD A SUPPORT NETWORK

Encourage positive relationships with family, friends, teachers and coaches.



MODEL RESILIENCE

Show how you handle challenges in a calm, positive and problem-solving way.



WHEN TO SEEK EXTRA HELP

Seek professional support if your child:

- ✓ Struggles to cope with everyday challenges
- ✓ Shows ongoing low mood, worry or withdrawal
- ✓ Finds it hard to recover from setbacks
- ✓ Has changes in sleep, appetite or behaviour
- ✓ Is affecting their school, friendships or family life

**You don't have to do this alone.
Help is available.**



We're Here to Help

HH Training Network offers assessments, resources and ongoing support for children and families.



Email: g@hhtrainingnetwork.com



Website: hhtrainingnetwork.com



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Helping children and families build
a healthier, happier future.



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