

SOCIAL WORK MONTHLY

Teaching Resiliency Skills

What is Resilience:

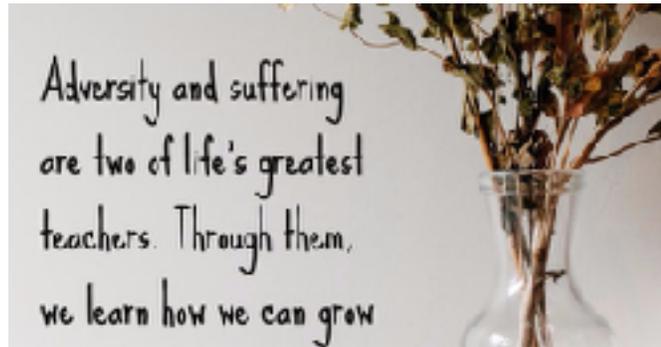
Resilience is the ability to address and manage difficult or trying situations in everyday life. It is the ability to "bounce back" from set backs and use those set backs as learning opportunities to improve one's self and situation.

Resilience does not shield our kids from trauma but rather enables them to recover and move forward in a healthier manner.

Though we may want to protect and shield our kids from stress or hurt, we are not teaching them the skills they need to be resilient if we tackle everything for them.

Resilient Kids Are More Likely To:

- Establish healthy relationships
- Do well in school
- Develop problem solving and critical thinking skills
- Have confidence in themselves
- Be happier and more comfortable in their lives



9 Steps to Instilling Resilience in your Children

1) Follow Daily Routines:

Consistency provides safety and comfort and teaches your children the skills necessary to create and follow their own schedules.

2) Teach Empathy:

Empathy is best taught by example. Take the time to show your child how to care for others as well as let them know that you care for and understand them.

3) Acknowledge Mistakes:

When you or your child makes a mistake, take the time to calmly discuss how to correct yours or their actions in the future.

4) Help Develop Self-Control:

Regulating one's self when escalated is a skill kids and adults alike struggle with. Take the time to teach breathing and relaxation techniques as well as brainstorm ideas for what to do while waiting.

5) Display Optimism:

In times of frustration or disappointment for your child, model a positive attitude and encourage them to bounce back from any situation. Try to avoid going into "fix-it" mode.

6) Teach Problem Solving:

Take time to brainstorm different solutions to problems your child encounters. Ask them "What else can you do?" in place of solving the problem for them.

7) Praise Effort:

Effort sometimes is more important than the outcome. Whether deemed a success or not, take time to acknowledge the hard work your child has put in.

8) Establish Loving Relationship:

Love openly and love often. Share words of kindness, appreciation, and support regularly so your child understands their worth and learns how to express their love towards others.