

Fostering Resilient Children

Resilience has become a word commonly used in education and counseling when referring to children's ability to cope with difficulties or change. The Merriam-Webster defines the word as *an ability to recover from or adjust easily to misfortune or change*. Studies suggest that resilient children succeed better in school and are more successful as adults. The question is how to foster and build resiliency in children? Here are a few tips of what you, parents and caregivers, can do to help your child develop resilience.

Ways to Support Your Child

- Encourage children's passions and interests.
- Answer their questions. If you do not know, admit it and work together to find out the answer.
- When you disagree with your child, continue to show you still care.

Empowering Your Child

- Encourage children to write letters about issues that are important to them to the editor of your local paper.
- Ask children what they like and do not like about their daily routines. Make changes to improve them.

Setting Boundaries and Expectations

- Be firm about boundaries that keep kids safe. Don't negotiate with these boundaries.
- Challenge children to do their best in school, and help them whenever you can.

Constructive Use of Time

- Allow children to have one or two regular out-of-home activities that are led by caring adults.
- Teach children to balance their time so they gradually learn how not to get too busy or too bored.

Demonstrate a Commitment to Learning

- Set daily homework guidelines for children and provide a place for them to study.
- Help children find ways to learn more about subjects that really interest them.

Foster Positive Values

- Have children write thank-you notes or show their appreciation in some other way whenever they receive gifts.
- Participate as a family in service activities together.
- Talk to children about specific examples of people acting on their values.

Develop Social Competence

- Encourage children to use words--rather than just actions--to communicate.
- Find ways for children to spend time with people who look, act, think, and talk in different ways.

Develop a Positive Identity

- When children are facing problems or difficult times, help them think of all the possible ways they could deal with the situation. Then help them pick what they want to do.
- Encourage children to find inspirational, positive role models.

As a school we would like to partnership with you to develop resilient children. Please let us know if there is anything we, the counselor office, can do to support you in your important role as a parent/caregiver.

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Information from Search Institute 40 Developmental Assets

<http://www.search-institute.org/>