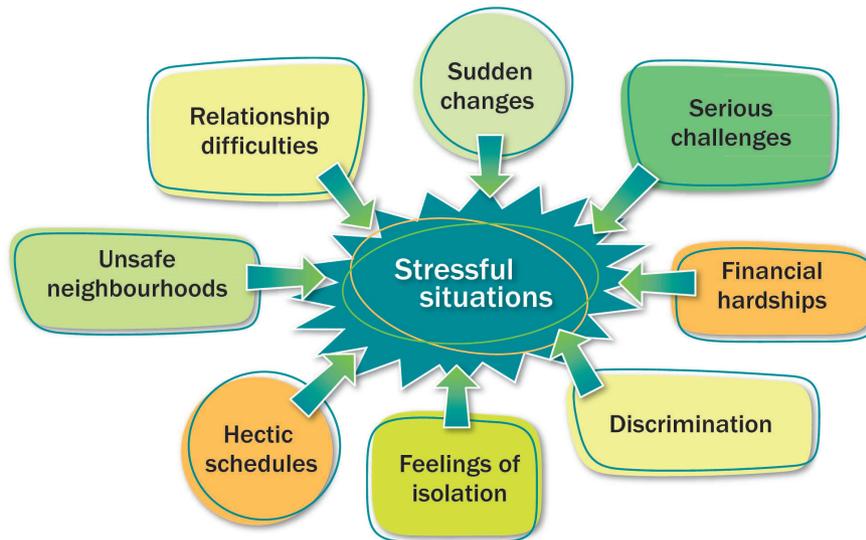


1. Building resilience in young children

Life can be challenging and may include many stressful situations. Parents and children can feel overwhelmed by different things at different times like:



Resilience is the ability to get through serious life challenges and find ways to bounce back and to thrive.

Everyone has the capacity for resilience. Building resilience is something we work on throughout our lives. Parents are the most important people in their children's lives. They have the biggest role to play in helping their children develop resilience.

Children learn a lot by watching their parents. When parents cope well with everyday stress, they are showing their children how to do the same.

Why is it important to develop resilience?

Resilience makes a big difference in people's lives. People who respond to hardships with resilience are:

- healthier and live longer
- happier in their relationships
- more successful in school and work
- less likely to get depressed

What builds resilience?

Many of the things that support healthy development in young children also help build their resilience. These things include:

- a secure bond with a caring adult
- relationships with positive role models in the family and community
- opportunities to learn skills
- opportunities to participate in meaningful activities

These factors continue to be important and build resilience throughout childhood and adolescence.

Why are inner strengths and outside supports important?

We need both outside supports and inner strengths to build our resilience. These include:

OUTSIDE SUPPORTS	
Caring relationships	Help us feel loved, understood and accepted, and protected from harm. Feeling wanted and loved helps us get through the hard times in life.
Positive role models	Help us see how others persevere, and stay calm and flexible, in dealing with life's challenges. Children learn these life skills by watching and copying adults.
Community supports	Help us when we need extra assistance in dealing with hard times. Asking for help is a sign of strength – everyone needs help sometimes.
INNER STRENGTHS	
Self-control	Helps us handle life's disappointments, worries and frustrations. It makes it easier to focus on goals, finish what we start and wait for things we want.
Thinking skills	Help us check our assumptions and find new ways to view challenges, solve problems and get along better with others.
Confidence	Helps us believe in our ability to overcome obstacles and gather the courage to try new things.
Positive outlook	Helps us manage challenges with optimism and hope.
Responsibility and participation	Help give us a sense of purpose that strengthens and motivates us to steer through difficulties and painful experiences.

Outside supports and inner strengths work together to develop resilience.

This introduction is the first in a series of 9 information sheets that parents and other people who care for children – like grandparents, relatives, foster parents, and other adults - can use to build resilience. Information sheets 2-9 will take a closer look at the outside supports and inner strengths that build resilience.

Some of the tips in this series apply to all children from birth through six years. Other tips have been given an age range that generally follows the stages of child development. Please remember that the age range is only a guide. Every child develops at his or her own rate.

Everyday interactions and modeling can boost children's resilience.