

Building Your Child's Resilience

Children who are resilient are better able to cope with difficulties they encounter in their lives. Some children are naturally more resilient than others, their temperament allows them to deal with problems, difficulties or disappointments and recover without too much fuss or stress. However, not every child will have this natural resilience and will need your support to help build skills and confidence to deal with life's challenges and recover to move forward. To help you to support your child to continue to become more resilient, here are some important understandings and tips to support their journey.

Resilience is our ability to cope with challenges and recover from difficult times.

Three important areas of resilience:

Ideally we would want our children to grow to have strong beliefs in the following areas.

Support – 'I have' strong caring relationships and support from people around me who I trust and who are good role models for me.

Self-esteem – 'I am' capable and confident in myself and my ability to take on challenges and try new things.

Skills to cope – 'I can' manage, think positively; solve problems and adapt to new or difficult situations.

The most common factor among children who demonstrate resilience is a strong relationship with a supportive parent, caregiver, or other adult. A father is often seen as a solid foundation for safety and security. Because of this, children often look to their fathers as a role model of how to react in different or difficult situations.





Top Tips for Dads

- **Demonstrate a positive attitude** towards challenges yourself. Talk about them as opportunities to learn and improve.
- **Support their positive sense of self.** Help them to develop a positive sense of who they are, how they feel about themselves and what they can do.
- **Build coping skills.** Talk to your child about how to develop strategies for dealing with difficult situations.
- **Help them to find solutions to problems.** Ask questions like, "What could you do?" and "What do you think?" "What would you do if that happened to you?" Try not to always solve the problems for them.
- **Allow them to take on healthy challenges and risks.** Provide opportunities for them to build confidence by taking on challenges and encourage them to work through problems and dilemmas.



Wellbeing Check



It's important for you as a father to periodically check on your own resilience and coping strategies. To do this you can ask yourself: Do I have strategies to help reduce stress in times of difficulties? These may include: stepping away, refreshing and relooking at the problem; identifying things you can control and act on those; knowing your limits and being realistic about when you need help.