

BRIDGE ROAD SCHOOL

FOCUS OF THE WEEK

Building Resilience

We all can develop resilience, and we can help our children develop it as well. It involves behaviours, thoughts and actions that can be learned over time and below are some examples.

Make connections Teach your child how to make friends, including the skill of empathy, or feeling another's pain. Encourage your child to be a friend in order to get friends. Build a strong family network to support your child through inevitable disappointments and hurts. Connecting with people provides social support and strengthens resilience.

Help your child by having them help others Children who may feel helpless can be empowered by helping others. Engage your child by asking for help with some task that they can master. At school we will be brainstorming with our children about ways they can help others.

Maintain daily routine Sticking to a routine can be comforting to children, especially younger children who crave structure in their lives. Encourage your child to develop their own routines and remember lots of praise to encourage them to keep going.

Teach your child self-care Make yourself a good example, and teach your child the importance of making time to eat properly, exercise and rest. Make sure your child has time to have fun and some "down time" to relax. Caring for oneself and even having fun will help your child stay balanced and better deal with stressful times.

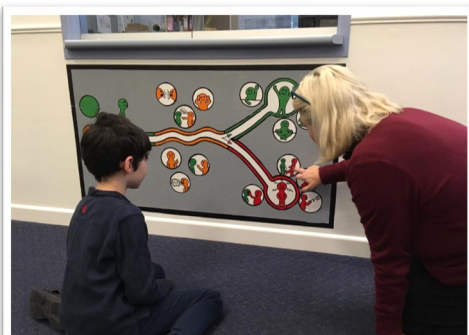
Move toward your goals Teach your child to set reasonable goals and then to move toward them one step at a time. Moving toward that goal, even if it's a tiny step and receiving praise for doing so will focus your child on what he or she has accomplished rather than on what hasn't been accomplished, and can help build the resilience to move forward in the face of challenges.

Nurture a positive self-view Help your child remember ways that they have successfully handled hardships in the past and then help them understand that these past challenges help them build the strength to handle future challenges. Help your child learn to trust themselves to solve problems and make appropriate decisions. Teach your child to see the humour in life, and the ability to laugh at one's self. At school we are helping our students to see how their individual accomplishments contribute to the wellbeing of the class.

Keep things in perspective and maintain a hopeful outlook Even when your child is facing very painful events, help them look at the situation in a broader context and keep a long-term perspective. Although your child may be too young to consider a long-term look on their own, help them to see that there is a future beyond the current situation and that the future can be good. An optimistic and positive outlook enables your child to see the good things in life and keep going even in the hardest times.

Look for opportunities for self-discovery Tough times are often the times when children learn the most about themselves. Help your child take a look at how whatever they are facing can teach them "what they are made of." At school we will be encouraging discussions of what each student has learned after facing a tough situation.

Accept that change is part of living Change often can be scary for children. Help your child see that change is part of life and new goals can replace



It's just a bump in the road



Don't give up



Make Connections