

Strategies to Foster Resilience

Implement these strategies into daily life to improve your child's ability to cope and bounce back when faced with stresses

Goal Setting & Trying new things!

Write down weekly or monthly goals that your child can accomplish in the context of trying new things (i.e new food each week, new activities, or joining new groups at school, or making an effort to raise their hand in class even if they're shy)



Personal Bests

Challenge your child to achieve personal bests (i.e if they can do 20 jumping jacks in a row, challenge them to do another 5 each week, or increase the amount of pages read at night before bed by 1 each time). Encourage their perseverance when they don't think they can do it!



Family Rest Days & Family Meals

Plan for a family rest day, where you spend the day together doing activities that are low-stress and enjoyable

Share 1 meal per day with your child
For busy schedules, aim for 3-4 meals per work week together



Be the role model

Your coping habits become your child's. How do you cope and bounce back when faced with adversity? Are there maladaptive habits that you may need to change so your child doesn't adopt them?



Daily Mood Trackers & Reflections

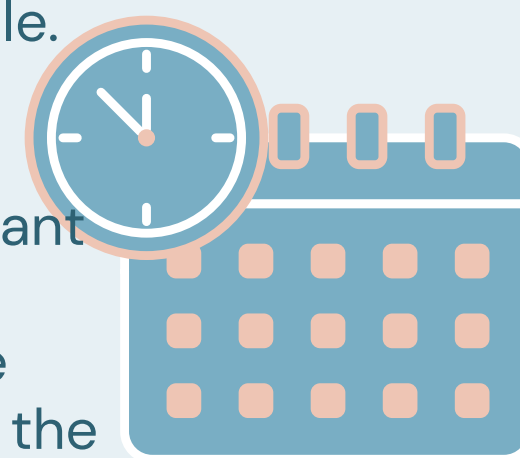
Use a visual, online or written guide that tracks your child's dominant emotion of the day. When something bad happens, encourage written reflections about how that made them feel and why they reacted the way they did. How do they plan to bounce back?



Don't overschedule your child

Over-scheduling leads to increased stress, anxiety, and less time for undirected play and exploration. Check in with your child to ensure they are coping with their schedule.

Signs you may be over-scheduling: they complain about the activity, they don't want to go to the activity, they are more self-critical about their performance, they are less likely to talk about the good parts of the activity, their sleep and concentration in class is being affected.



Open communication & honesty

Check in with your child on daily basis, and be honest with them about the ups and the downs of family life. Open discussions about current events are encouraged. Discuss different approaches to conflict resolution with your child so that they can implement similar strategies in their daily lives. Always praise effort and perseverance instead regardless of the outcome.

