

5 Ways to Help Your Child Build Resilience

You may not always be able to protect children from life's challenges. But you can help them learn to bounce back after a rough time, to become more resilient.

Here are 5 ways to help your child build resilience.

One: Encourage your child to explore their feelings. Let them know it's okay to be sad or angry when things aren't working out like they hoped. They might explore their feelings by talking, drawing, or even venting with tears or anger.

Two: Encourage them to imagine how this event may help them in the future. Could this event help them be a better friend to someone who's facing a similar problem?

Three: Help your child remember how strong they are. Remind them of another hard time in their life, and ask them to think about how they got through it.

Four: Guide your child as they learn to accept change. This may be the first time they've felt this way. Help them discover that even though they can't change what happened, they can choose how they react.

Five: Be a role model of resilience. Your child is watching how you cope during a rough time. Be honest about how you're feeling. It's okay to show your emotions. And you can share the ways you take care of yourself.

So that's five ways. One: Encourage your child to explore their feelings.

Two: Have them imagine how this event may help them.

Three: Help your child remember how strong they are.

Four: Guide your child as they learn to accept change.

And five: Be a role model of resilience.

And you may have other ideas to help your child build resilience. It's not easy to watch your child go through a hard time.

But you've been there and you know what it's like. You can help show them the way.