

# Building Your Child's Confidence and Resilience



**Easy  
Read**



**MindEd**

*e-learning to support young healthy minds*

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# What is resilience?



**Resilience** is being able to **bounce back** from a problem.

It means being able to keep going in face of challenges and failure.

Resilience means 'tough' or 'strong'.



Resilience is linked to confidence. Someone who is confident might be resilient. Someone who is resilient will be confident.

**Bouncing back** means that you can recover from a problem. It means you still feel strong.



People can learn to be resilient. People can get better at it.

# Helping your child to have more resilience



Keeping all problems away from your child is not always a good thing.

Children need to face some problems and learn how to overcome them.

## Know about feelings



For any child it is useful to be able to talk about their feelings. This helps children:-

- ▶ To learn the name of what they are feeling, for example depression or anxiety.
- ▶ To know they can change bad moods into good moods.
- ▶ To notice other people's feelings and understand how other people might feel too.



# Relationships



Healthy relationships are important because they make you feel happier, more confident and resilient.



But it isn't always easy to get on well with others. We have to learn and practise how to get on with people.



It is important to think about how the other person's rights and how they feel. They need to think about your feelings too.



Children learn by watching what their parents do.



It is important to teach children and young people that they can learn to solve their own problems. Adults shouldn't always solve their problems for them.

# Looking at the good side



We can think of problems in a bad way or a good way. It is like saying a glass is either half full or half empty.



If there is a problem and we are positive about sorting it out - things will be easier.



But if we see a problem and we think about how hard it is - then it will be hard to sort out.



We can learn to look at things in a good way.

# Bad things do happen

Instead of letting your child blame themselves you could help them to think about:-



- ▶ How much of the situation is down to them.



- ▶ How much is down to other people.



- ▶ How much is down to bad luck.



Remember, try to praise your child far more often than you criticise them. Whether you praise or criticise, tell them why you are saying it.

# Some tips for dealing with bad things

You could explain these ideas to your child to help them when something bad happens:-



- ▶ Counting to 10 before you say or do anything. It helps to stop the bad feelings and gives you a bit of time to think before you do anything.



- ▶ Doing something different to take your mind off the bad thing.



- ▶ Think things through before saying or doing anything.



- ▶ Look for other reasons for why the bad thing happened. It will help you understand it.



# Building on my child's strengths



Everyone is good at something - these are their strengths.



Using our strengths can make us happier and more resilient.



Give your child opportunities to try things out. But don't make them.



Strengths can also be things like kindness and forgiveness.

# For more information

This resource is part of the MindEd online learning site. For more information contact:



**Web:** [www.minded.org.uk](http://www.minded.org.uk)



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