



### **Resilient children**

have the ability to bounce back from pressure, problems and other painful setbacks. Whether these challenges include bullying, changing schools or abuse at home, resilient children work to find solutions.

While researchers have found that some children are born more resilient than others, parents and caregivers can strengthen a child's ability to adapt well to the hardest times and keep moving on.

Here are the behaviors and beliefs you can adopt to help your child learn resilience:

**R**aise your child with healthy coping skills that you model.

**E**ncourage your child to learn from his or her mistakes.

**S**how your child how to interact with others and have positive relationships.

**I**nvest time in allowing your child to solve problems.  
Ask "how" questions.

**L**isten to your child. Talk often about her or his feelings.

**I**dentify ways for your child to help others, which may include age-appropriate volunteer work.

**E**mphasize the importance of being able to express and manage their emotions.

**N**urture high self-esteem in your child. Focus on strengths.  
Provide support and affection.

**C**ommunicate the importance of maintaining a positive outlook, especially during challenges.

**E**ncourage your child to set reasonable goals and develop plans to achieve them.

*Teach your child important skills to handle unexpected difficulties. A resilient child becomes a resilient adult.*



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1-800-552-7096 Virginia Child Abuse Hotline (language line available)

800-Children (800-244-5373) Parent Helpline