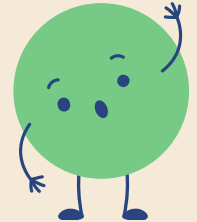


Resiliency

Here's what we know about resiliency:

- Resilience is the ability to cope with life's challenges and recover from difficult experiences in a positive way.
- Resiliency is developed throughout life.
- Caring, positive everyday interactions help build resilience skills.
- Parents and caregivers play the biggest role in helping children develop strengths that support resiliency.
- Children build resilience by experiencing manageable challenges with the support of caring adults.
- In the early years, resiliency looks like a child's growing ability to cope with challenges, manage emotions, adapt to change, and keep trying with the support of caring adults.
- Research links resiliency to higher happiness, positive relationships, and greater success in school, work, and life.



Trusting Relationships & Connection

Take care of yourself during challenging times. Children learn positive coping and self-care strategies by watching you. For example, getting enough rest, going for a walk, or asking for help when needed.

Practice staying calm in difficult moments. Modeling calm responses helps children learn how to manage stress. For example, taking a deep breath, counting to ten, or pausing before reacting.

Comfort children when they are upset. Offer reassurance, help them talk about feelings, and teach calming strategies. For example, "You seem frustrated. Let's take a deep breath together."

Encourage persistence when things feel hard. Help children understand that mistakes are part of learning. For example, break tasks into smaller steps and praise effort: "You worked hard to put your shoes on."

Make space for positive moments each day. Noticing positive experiences helps build resilience. For example, share something good about your day during mealtime or bedtime.



Play Play supports resiliency by giving children chances to face small challenges, try again, and work through difficulties.

During play, encourage your child to keep trying and remind them that mistakes are part of learning and growing.

Resist solving problems too quickly. Giving children time to try supports confidence, persistence, and problem-solving.

Support System Get connected to people, programs, and services that can help.

Connect with informal supports such as family, friends, neighbours, and other parents or caregivers in the community.



A bilingual Eastern Ontario service that connects children, youth, and families to the right mental health and related supports, when they need them.

613-260-2360 or 1-877-377-7775

Website: 1Call1Click.ca



Scan for support