

Alwoodley Primary School



Resilience in The Early Years: A Guide for Parents & Carers

Resilient children:

- Are better able to cope with stress, change and uncertainty.
- Are happier and balanced.
- Have more positive relationships.
- Are more independent, active and confident.
- Feel more positive and purposeful.



To promote resilience in the first 3 years, parents and care givers can:

- Give and show unconditional love with your words and body language. This will help to calm, comfort and encourage the child to calm themselves.
- Give clear rules for children aged two and three. You can use removal of privileges and other forms of discipline that do not belittle, harm, or reject the child.
- Show how to be confident and optimistic.
- Give lots of praise for what your child can do, such as calming down, talking, or making something.
- Encourage your child to try things and do things on his or her own without lots of adult help.
- Help your child by labelling their feelings. This will help them to understand and express their own and others' feelings (for example: sad, sorry, happy, angry).
- Use resilient language; 'I know you can do it' encourages independence and reinforces a child's faith in his or her own problem-solving skills. 'I'm here' comforts and reminds the child of the trusting relationships that can be relied on.
- If there are big changes or difficult times ahead, prepare your child slowly by talking about them, reading books, play acting, etc.



Parents and carers can also:

- Balance the freedom to explore with keeping your child safe.
- Explain the reasons for rules and discipline and show your child you still love them even after a rule has been broken.
- Give your child comfort and encouragement in stressful situations.
- Provide a stable environment for your child, but also some new and novel experiences.



The Resilient Child has ...

Trusting Relationships

My parents and other care givers:

- Show me love.
- Are happy when I am happy.
- Comfort me when I am sad.
- Show me I can trust them.

Structure and Rules at Home

- My parents or other carers have set times when I: eat, am bathed, go to bed, take a nap.
- I know that I should follow the rules, such as being gentle and when I follow the rules, I get lots of praise.
- I know the consequences of not following the rules and I know that I will be dealt with fairly if I do not follow them.
- My parents calmly help me understand what I did wrong and afterwards forgive me and we are happy again.

Role Models (Parents and other carers)

- Show me how to do things around the house and I try to help make meals or set the table.
- Show me how to behave with guests, including what I: cannot do in front of others, I can do with my family and can do when I'm alone.

- Show me how to recognise feeling and how to express them.
- Show me that they are fair and honest with others and believe in doing the right thing.

Encouragement to be Independent

My parents teach me how to: eat, wash my hands, put on clothes. They praise me when I do these things on my own. They expect me to ask for things I need and to take care of what I have. They encourage me to explore places at home or around me and urge me on when I am a bit afraid or hesitant. My parents help me learn how to calm myself down when I get too excited or frustrated.

Access to Healthcare Services

My parents take me to the doctor or the hospital or someone who knows about health when I am sick.

The Resilient Child is told they are ...

Lovable and their Temperament is Appealing

My parents tell me they love me and they smile when I come into the room. I am happy most of the time and can jump around, dance, and laugh. I like to play and have fun. I sometimes like to snuggle, be held, and hug people. I do not stay angry or sad for long.

Loving, Good at Sharing and Empathetic

I give a toy to my mother or a friend when they are sad. I cry when my sister cries and try to comfort her by sharing something with her. I tell my parents I love them and I bring things to them when they ask. I like to help people so they know I care about them.

The Resilient Child is...

Proud of Themselves

I am sure I can feed and dress myself. I know I can build a house or a road with playthings. I can make friends with other children and I like myself

Autonomous and Responsible

I do as many things as I can by myself and know what is expected of me. I try to do things in the way I have been taught. I feel good when I do things on my own and in the right way and sad when I don't

Filled with Hope, Faith and Trust

I believe that things will work out and will be all right. I look forward to tomorrow. I am learning what I should and should not do. I trust those around me.

Able to Communicate

I can show somebody what I want or use words to ask for it. I can often tell someone how I feel. I am learning to listen to what someone else is saying and respond so we understand each other.