

Be Resilient

re-sil-ience: the ability to recover from difficulties/challenges.

Teach Self-Care – Support your child in the learning of some breathing techniques in order to calm his/her body during times of stress.

www.copingskillsforkids.com

Maintain a Daily Routine – Sticking to a routine can be comforting to children, especially younger children who crave structure in their lives.

Move Toward Your Goals – Teach your child to set goals, and move towards them one step at a time. Encourage him/her to do their best and that failure is a part of the learning process. Set a good example in your own goals, and this will also help your child learn resilience.

Make Connections – Teach your child how to make friends, including the skill of empathy, or feeling another's pain. Encourage your child to be a friend in order to help him/her make and maintain friendships.

Take a Break – While it's important to stick to routines, endlessly worrying can be counter-productive. Teach your child how to focus on something besides what is worrying him/her.



Life Education Center
Pledge for Life Partnership
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PledgeforLife.org

Iroquois - Kankakee
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