

**Parenting Tips  
from  
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### **Teaching kids how to be resilient**

It is important to teach your child to bounce back from life's uncertainties and difficulties, otherwise known as resilience. Sometimes things that seem small and unimportant to you can feel like a 'catastrophe' to your child.

As parents we tend to try and protect our children from disappointments but the reality is that this actually makes things harder for our children in the long run.

Here are some tips on building resilience in your child:-

- Feelings – explain that up and down feelings are normal and try sharing some of your feelings with your child.
- Thought catching – by 5 or 6 children do a lot of self-talking. It is important that their self-talk is positive and you can help them to understand that they can feel better by thinking about a situation in a positive way.
- Optimistic explanations – listen to the way your child explains situations and also take notice of your own explanations, i.e. using terms like 'never' and 'always'. Terms such as these tend to 'catastrophise' situations.

When things go wrong help your child to think positively and encourage them to ask themselves things like – "What's the worst thing that can happen?" then "how likely is this to happen?" and then "what would make this better?"

**We invite you to visit our Centre to 'check out' the wide range of information that we have available for you to browse or borrow**