

Resiliency

Resiliency is the ability to "pick yourself back up" after experiencing a challenging or stressful event. While it is a trait that can come more naturally to some, it is also a trait that anyone can develop over time.

Children can also experience long term or short term stress, and it is important to know how to assist them in developing resiliency.

Vital Factors to Develop Resiliency

Positive Relationships with Adults

When a child has an adult in their life that is a consistent and positive presence, it helps them realize that someone is in their corner which reduces the impact of stress.



Learning to Manage Emotions

Being able to recognize, acknowledge, and respond to emotions are key to building resilience. As caregivers it is important to allow the child to experience the emotion and teach them healthy coping skills to help calm down and regulate those emotions.

Opportunities to Develop Skills

In conjunction with teaching different ways to manage emotions, it is equally important to allow the child to practice the skills on their own. When given the opportunity to apply what they have learned, children will be able to develop self-efficacy.



Self-Efficacy

Self-efficacy is the belief that we can be successful at a task using learned skills. The more opportunities that children have to practice coping skills, the more resilient they will be when presented with similar situations in the future.

Integrating Hope

Developing resilience allows children to understand that it is okay to ask for help when they need it. By identifying their emotions and recognizing that it is normal to experience those feelings, children will learn that there is always hope beyond hardship.

