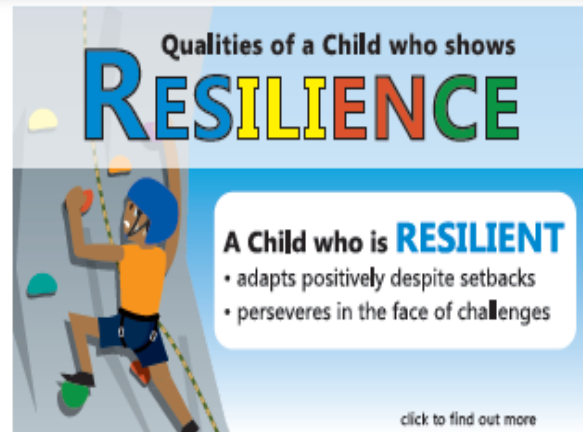


RESILIENCE BOOSTERS

Building the resilience muscle of our children to help them bounce right back

UNDERSTANDING RESILIENCE

As parents, we hope to strengthen the social and emotional skills and positive beliefs of our children so that they develop the resilience to persevere and adapt positively in the face of challenges. It is not impossible to build resilience in our children.



The ability to thrive despite challenges arises from the skills of resilience.
The good news is that resilience skills can be acquired and nurtured.

Move Towards Goals

Guiding our children to set and move towards realistic and meaningful goals one step at a time focuses on what they can accomplish. This encourages them to move forward in the face of challenges and increases their likelihood of achieving their dreams.



Have a Sense of Purpose

Developing a sense of purpose in our children provides the motivation and energy for them to persevere through challenges. It moves them to look beyond present circumstances and to contribute towards their desired future.



Keep Things in Perspective and Maintain a Hopeful Outlook

Encouraging our children to maintain an optimistic and positive outlook, while accepting the negative circumstances or emotions, enables them to see the good things in life and keep going even in the toughest times.

Overcome challenges or obstacles

Facilitating the problem solving process in our children helps them to trust themselves to find alternative solutions for problems or find a way out of difficulties. This also builds their confidence to handle future challenges.



Focus on Strengths

Helping our children recognise their own strengths and encouraging them to use them in their daily lives contributes to more meaningful lives. Focusing on their strengths rather than weaknesses also helps them in overcoming challenges or obstacles.



Make Connections

Building positive social skills in our children helps them to make friends and build relationships. Connecting with people provides the social support in times of need.



Emotion Self-Care

Teaching our children to acknowledge and manage their negative emotions is part of self-care. Only then can they find ways to deal with the problem.

Qualities of a Child who shows

RESILIENCE

A Child who is **RESILIENT**

- adapts positively despite setbacks
- perseveres in the face of challenges



BELIEFS

- Is open to setbacks and learns from them
- Believes that failure is not permanent
- Is hopeful

PERSONAL CHARACTERISTICS

- Has a sense of humour
- Is determined
- Has self-control and emotional management
- Finds different ways to handle new or difficult situations
- Knows one's strengths and develop ways to improve one's weaknesses



RESILIENCE-FOSTERING INTERACTIONS

Give our Children **S.P.A.C.E** to grow

SUPPORT

- Provide positive feedback
- Be willing to listen

PROBLEM SOLVE

- Reflect on setbacks together
- Guide your child to develop alternate plans

AFFIRM

- Affirm strengths and efforts
- Use of effective praise

CHEER

- Cheer your child on for every effort
- Celebrate all successes, even small ones

EMPower

- Let your child make decisions
- Encourage your child to voice his/her ideas, and carry out the plans made

PROVIDE ADEQUATE CHALLENGE

- **Stimulating Environment**
 - Provide opportunities for challenges
 - Nurture your child's talents
- **Structure**
 - Set consistent and realistic expectations
 - Maintain daily routines with clear boundaries
 - Assign responsibilities (e.g. household chores)
- **Supervision**
 - Monitor your child's progress
 - Look out for signs of distress



PROVIDE HIGH SUPPORT

- **Responsive Environment**
 - Know your child's needs
 - Be present
- **Role Modelling**
 - Role model social skills
 - Be consistent in teaching and setting examples
- **Reassurance**
 - Encourage your child regularly and intentionally
 - Tell your child "I believe in you"



Ministry of Education
Singapore