



Wisconsin Department of
Children and Families

How to help your child **BUILD RESILIENCE**

re·sil·ience | / ri-'zil-yən(t)s

the ability to cope with and recover from adversity,
and maybe even grow as a result of the experience

The good news is **RESILIENCE IS A SKILL** that we can work on and strengthen over time.

PRIORITIZE RELATIONSHIPS

“The single most common factor for children who develop resilience is at least one stable and committed relationship with a supportive parent, caregiver, or other adult.” (Center on the Developing Child, Harvard University)

EMBRACE MISTAKES

Learning to cope with some failures and disappointments is good practice for when bigger obstacles and hardships come along. Show your child that mistakes are not the end of the world-- we learn from them and move on.

ENCOURAGE PROBLEM-SOLVING

When kids are given the space to solve problems on their own this leads to a feeling of control-- which is a key element of resilience.

CULTIVATE OPTIMISM

A belief that things can change for the better is an essential component of resilience.

MAKE TIME FOR PLAY AND CREATIVITY

Creative play is one way children work out anxieties, learn to solve problems, and make sense of their world.

FOCUS ON WELLNESS

Teach your child the importance of self-care. Ample sleep, good nutrition, daily physical activity, and finding time for relaxation and fun are all essential. Having a strong, healthy body and mind can help us be able to handle stress.

BE A ROLE MODEL

Model resilient behavior for your child. If they see you staying positive, remaining calm under pressure, and picking up the pieces and moving on after a setback, they will be able to develop their own positive strategies for managing stress and coping with life's challenges.