



Building Resilience



Information for Parents

What is resilience?

Sometimes referred to as 'bouncebackability', it means the ability to cope with problems and difficult circumstances. Life is not always easy and we are not always happy – but there are skills that we can develop to help us solve problems, find the right support and look forward to the light at the end of the tunnel.

How can I support my child to be more resilient?



10 Top Tips for Parents

1. Encourage your child to make social connections (friends, family, other supportive adults)
2. Encourage your child to maintain a daily routine – this covers everything from school, screen time, personal hygiene, eating habits and sleep.
3. Encourage them to take a break and do something fun or relaxing.
4. Teach them concrete skills: cooking, cleaning, DIY, exercise, etc.
5. Help them set small achievable goals and celebrate when they reach them.
6. Nurture a positive self-view (this is the belief that you are a good, worthwhile human being, deserving of kind treatment from others).
7. Help them to recognise and manage their emotions. It's important that you model this yourself, demonstrating skills for them to learn from.
8. Avoid catastrophising (i.e. blowing small issues out of proportion). Keep perspective and remain optimistic.
9. Let them make mistakes and build self-discovery. Don't eliminate all risk (within reason!). Don't do everything for them, help them to solve problems and learn how to do things for themselves.
10. Help them to accept that 'change' is a part of life



If you are worried about your child's mental health, speak to their Head of Year or one of the school's Safeguarding Team, who will be happy to advise on the many types of support on offer in Tower Hamlets and across London.