



Developing Our Children's Resilience

1. Encourage children to identify 'resilience role models' – it could be a favourite author, sportsperson or a family member they look up to. The website amazingpeopleschools.com has some super resources to start a conversation with your child about famous people who have demonstrated resilience, such as the artist Frida Kahlo.
2. Help children to see that obstacles and hardships can provide opportunities to come back stronger – use their resilience role models as evidence of this.
3. Create learning opportunities which require children to solve (age-appropriate) complex or lengthy problems. A complicated jigsaw or Lego-building project could be ideal, especially if it takes a number of sessions to complete.
4. Encourage your child to break a complicated problem down into more manageable chunks and to work on one chunk at a time.
5. Ensure that children take regular breaks in problem-solving to recharge and avoid becoming overtired.
6. Praise your child when they are in the process of thinking through and trying different approaches to solving a problem, rather than just when they reach the correct solution. We need to praise the behaviours we want our children to repeat. (If we only praise a correct solution, then children will be disappointed by the lack of praise when they make a mistake; this can lead to disengagement and refusal to take risks in their learning because they become afraid to fail).
7. Make failure a friend. FAIL = First Attempt In Learning. Smart people who work on complex problems regularly try approaches which fail; they then adapt their approach until they find one that succeeds.
8. Use the language of possibility. If your child feels like giving up, enable them to take a break, acknowledge that some problems can feel really frustrating and remind them that they might not be able to solve the problem YET: But there's always another day and another way.
9. Wherever possible, work to disconnect your child's self-esteem from their academic results or grades. "You are not your grades. A grade is a snapshot of a moment in time; it is not your future." If your child is unhappy with their grades, encourage them to see that they have the power to change them by working smarter and trying a different approach to solving whatever problems are being posed.
10. As parents, we need to model Growth Mindset behaviours ourselves if we want our children to adopt these. Don't be afraid to let your child see that you get frustrated and upset sometimes if you can't solve a problem – it could be anything from not getting a job you really wanted to trying to programme the TV! Let them see that, once you've got over the frustration or upset, you step back from the problem, think through what to do next and try again for a successful solution.