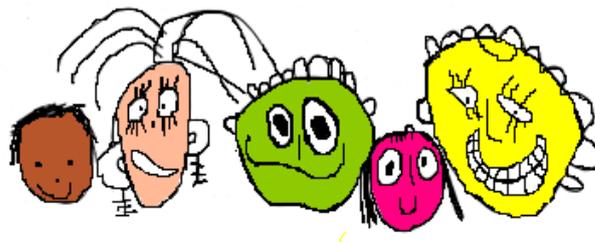


Hamilton Community Pre-School

"Where discoveries, learning and fun connect."



Information Sheets for Parents

Building Resilience

Resilience is the ability to steer through serious life challenges and find ways to bounce back and to thrive. We are born with the capacity for resilience. But resilience is not something we have or don't have. We work on it throughout our lives. And we need to start as early as possible.

Parents are the most important people to help build their children's resilience. Children learn a lot by watching their parents. When parents cope well with everyday stress, they are showing their children how to do the same.

Why is it important to develop resilience?

Resilience makes a big difference in people's lives. People who respond to hardships with resilience are:

- healthier and live longer
- happier in their relationships
- more successful in school and work

What builds resilience?

Many of the things that support healthy development in young children also help build their resilience. These things include:

- a secure bond with a caring adult
- relationships with positive role models
- opportunities to learn skills
- opportunities to participate in meaningful

Building a close, loving relationship with your children is the most important thing you can do to support their resilience.

Why build resilience?

Children do best when they feel loved, understood and accepted, and are protected from harm.

Feeling wanted and loved helps us get through the hard times in life. Children learn to feel safe and secure through a close attachment with at least one caring person. They also learn that their needs will be met. All of this gives them the confidence to explore their world.

Positive daily interactions with parents teach children how to have caring relationships with other important people in their lives. And it makes it easier for them to reach out to others when they need help.