

Hamilton Community Pre-School

"Where discoveries, learning and fun connect"



Information Sheets for Parents:

Building Resilience/ Self-Regulation

National Quality Standard – Quality Area 5

Element 5.2.2 – Self-regulation. Each child is supported to regulate their own behaviour, respond appropriately to the behaviour of others and communicate effectively to resolve conflicts.

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.

Watch your children for signs of fear and sadness they may not be able to put into words. Have your children become extra clingy or needing more hugs than usual? Have your children started old habits after you thought they had outgrown the behavior? Are they suddenly more irritable? They may be feeling the pressure of what is going on in the world around them.

Use play to help your children express their fears and encourage them to use art or pretend games to express what they may not be able to put into words. Use family time like a security blanket for your children: wrap them up in family closeness and make sure your children have lots of family time. During times of stress and change, spend more time with your children playing games, reading to them, or just holding them close.

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:

- *Make Connections*
Teach your child the importance of engaging and connecting with their peers, including the skill of empathy and listening to others. It's also important to build a strong family network. Connecting with others provides social support and strengthens resilience. Building a close, loving relationship with your children is the most important thing you can do to support their resilience.
- *Maintain a Daily Routine*
Sticking to a routine can be comforting to children, especially younger children who crave structure in their lives. Work with your child to develop a routine, and highlight times that are for school work and play. Particularly during times of distress or transition, you might need to be flexible with some routines. At the same time, schedules and consistency are important to maintain.
- *Teach your child self-care*
Teach your child the importance of basic self-care. Make sure your child has time to have fun, and participate in activities they enjoy. Caring for oneself and even having fun will help children stay balanced and better deal with stressful times.
- relationships with positive role models
- opportunities to learn skills

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.

















At Pre-School we use a program called the **Zones of Regulation** and emotional coaching - it is an approach used to support the development of self-regulation in children.

All the different ways children feel and the states of alertness they experience are categorised into four coloured zones.

This helps the children to: -

- Identify their feelings
- Be aware of what zone they are in
- Start to use tools to be in the appropriate zone for the moment

The Zones of Regulation

Blue Rest Area	Green Go	Yellow Slow Down	Red Stop
 Sad	 Happy	 Nervous	 Angry
 Upset	 Excited	 Surprised	 Yelling
 Hurt	 Calm	 Confused	 Aggressive
 Tired	 Proud	 Silly	 Mad

For further information on the Zones of Regulation:

<https://zonesofregulation.com/index.html>

