

COUNSELOR'S CORNER

Hatboro-Horsham School District – Elementary Division

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RESILIENCY



Resiliency is the ability to bounce back from tough situations

How to Help Your Child

“Weather Tough Times”

- ✓ Model behavior you would like your child to display
- ✓ Allow your child to accept responsibility for his/her own behavior and understand that his/her actions have consequences
- ✓ Prompt your child with “Tell me some things you can do to handle this situation” and help them to brainstorm, rather than just giving solutions
- ✓ Accept mistakes and failures as a normal part of life and learning
- ✓ Be calm, find solutions, and make a choice
 - ✓ Remember try, try again
- ✓ No matter how big his/her problem seems, the sun will rise tomorrow (give hope)

For more strategies to strengthen your child's resiliency:

<https://www.psych.com/build-resilience-children>

Protective Factors in Building Resilient Children During Stressful Times:

#1: Sensitive, responsive caregiving: Spend quality time with children. Even short periods of time playing, reading, going outdoors, and talking can boost children's sense of safety and security.

#2: Meeting basic needs:

Meeting children's basic needs—such as food, shelter, clothing, and medical and mental health care. (Know that asking for help is a sign of strength and resourcefulness, not weakness).

#3: Emotional support: (the 3 Rs)

(reassurance, routines, regulation)

- **Reassure** children about their safety
- **Maintain Routines** as much as possible.
- Support children's **Regulation** skills by helping them manage difficult feelings (deep breathing, movement, quiet time) and make time for emotional “check-ins” (offer children opportunities to ask questions and talk about their feelings).

#4: Support for caregiver well-being:

- Whenever possible, prioritize time and energy for activities that are most important and meaningful to you and your family
- Take breaks from work and responsibilities

#5: Social connectedness:

Schedule virtual time regularly with extended family members and friends (email, facetime, or using other virtual platforms).

