

Ways to Promote Resilience in the Early Years



1. Build good relationships

You can do this by:

* Spending time with your child
* Praising them when they have done well
* Helping them when they make a mistake and saying it’s ok
* Being a role model (acting how you want them to be)



1. Support Self-Regulation

You can do this by:

* Talking about feelings
* Helping your child to identify their feelings
* Saying it is ok and normal to sometimes feed sad or angry
* Encourage your child to have things they can do when they feel sad, angry, or lonely e.g. cuddle a favourite toy
* Acknowledge how they feel by saying “I can see you are upset”



1. Support them with mistakes

You can do this by:

* Letting your child make mistakes! We learn and build resilience by doing this
* Allowing your child time to solve problems or attempt tasks by themselves
* Break up a difficult task into smaller parts to help them achieve



1. Help Them Through Changes

You can do this by:

* Talk / use communication visuals to talk about how they feel
* Use social stories
* Use teddies or role play to act out these situations



1. Use Positive Language

You can do this by:

* Praising what they have done or tried to do
* When things do not go right first time saying “that’s ok, we can try again”