

HOW DO YOU HELP  
YOUR CHILD COPE WITH  
TODAY'S CHALLENGES?



The ability to thrive when faced with life's challenges, such as bullying, illness, or family breakdown is called resilience.

*\*See reverse for 10 ways to help your child develop the skills needed for resilience.*

# 10 WAYS

To help your child learn skills needed to cope with stressful situations or disappointments.

1. Tell and show your child they are loved.
2. Show your child they are a valued member of your family.
3. Stop what you are doing & give your child attention when they seek it.
4. Talk to your child about emotions and how to identify them.
5. Teach your child ways to cope with stress such as taking three deep breaths, reading, singing & exercise.
6. Teach your child how to problem solve.
7. Be a positive role model.
8. Build your child's self-esteem.
9. Praise their efforts and accomplishments.
10. Teach your child how to communicate & play well with others.

To learn how to help children cope with stressful situations or disappointments visit:  
[www.healthunit.com/early-child-development](http://www.healthunit.com/early-child-development)



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