



Building resilience

Resilience is the ability to cope with difficult situations and ‘bounce back’ when things go wrong. Young people need to develop resilience in order to navigate life’s ups and down. As a parent, you can help your child to become resilient by giving him or her opportunities to learn and practice new skills, for example:

- Allow your child to solve some of their own problems. Learning to deal with issues builds skill and confidence. Don’t jump in to fix things, unless the situation has got out of hand.
- Arrange a fun, child-friendly activity each week like a trip to the park, play date with a friend or watching a favourite movie. Regular ‘ups’ provide a bank of positive emotions to buffer against life’s ‘downs’ that may involve disappointment or conflict.
- Help your kids to think positively. If your child is frustrated by a difficult maths problem, say, "I know that question was hard today, but yesterday I saw you solve a hard problem. You kept trying until you worked it out."
- If you have a disagreement with your child, the most important thing to do is to reconnect and repair the relationship. Let your child cool down then offer a hug or words of support. This has benefits for your child’s mental health as well as their ability to deal with relationship problems throughout their life.

For more information about raising a resilient child, go to www.kidsmatter.edu.au or <http://raisingchildren.net.au> or contact your local Community Health Nurse, (**insert name here**), on (**insert number here**).

Quick Tip

If you or your family are struggling to get the recommended serves of some food groups, breakfasts are a great and easy way to get some of those extra serves in:

- Try adding fruit and yoghurt to porridge or muesli.
- Throw some vegies into your omelet, or have some beans on top of toast.

Recipe Link

Fluffy Spinach and Mushroom Omelette: <https://livelighter.com.au/Recipe/99/fluffy-spinach-and-mushroom-omelette>

