

## Strategies for Building Your Child's Resilience

### Attend to the positive.

Help your child look for the positives in any given situation.

### Catch your child being brave.

Pay attention to what your child is doing well and try not to respond to anxious behaviour like excessive reassurance seeking.

### Challenge unhelpful thoughts.

When your child has unhelpful thoughts that get in the way of trying, use some thought challengers to shift his or her thinking.

### Use descriptive praise.

Tell your child exactly what he or she did well:

"I'm so proud of you for trying out for the basketball team, even though you were worried."

### Praise partial success.

Use praise to reinforce your child for trying, not for perfection.

### Focus on helpful thoughts.

Encourage your child to think positively about stressful situations:

"I can try my best!"

"My friends can help me!"

"I'll have fun!"

### Relax.

Encourage your child to schedule quiet, relaxing times into his or her day.

### Model coping strategies.

Let your child know what you do to cope with stress, whether it's deep breathing, exercising, or taking a warm bath.

### Attention Training To Increase Optimism

- Pay close attention to what you're thinking
- Focus on the positive
- Expect good things to happen

### Thought Challengers

#### Reframe Unhelpful Thoughts

- 1 Are you exaggerating?
- 2 Is this really true?
- 3 What would you tell a friend in this situation?

### Relaxation Exercises

- Calm Breathing
- Muscle Relaxation
- Visualization



## Focus on solutions.

Use the Six-Block Problem Solving Plan or the Coping Step Plan.

## Be a good friend.

Model positive friendship skills and encourage your child to make and keep healthy friendships.

## Stay CALM.

Resolve conflicts among family members using the CALM plan.

- C** Cool Down
- A** Acknowledge Feelings
- L** Listen and List Needs
- M** Make a Solution

## Self-Reward.

Help your child choose and use meaningful rewards for reaching a goal or trying something new.

## Be proactive.

Practice the FRIENDS skills as a family to help plan ahead for difficult situations.

## Plan for quality time.

Be sure to schedule special times with your child, your whole family, yourself, and as a couple.

## Establish support networks.

Help your child know who he or she can turn to for help and support.

## The Six-Block Problem Solving Plan

- 1** Define the problem
- 2** List the possible solutions (Brainstorm)
- 3** List what might happen for each solution
- 4** Select best solution
- 5** Put plan into action
- 6** Did it work? Evaluate the outcome

## Coping Step Plan

### EXAMPLE: GIVING A SPEECH

Step 5: Present to class

Step 4: Present to friends

Step 3: Present to family

Step 2: Present to a trusted adult

Step 1: Present in front of a mirror

Check out **The BC FRIENDS Online Parent Program** to view videos of FRIENDS in action at home and school, downloadable tip sheets, a parent blog, and more.  
[friendsparentprogram.com](http://friendsparentprogram.com)

