

So, what can parents and other adults do to promote resilience?

- Be there for your children – let them know you appreciate and value them and that they are so special. And model self-respect.
- Listen to their concerns and worries, take them seriously and help them figure out ways *they* can overcome their problems. Even very young children do this – they love to solve problems – not just their own but others too! Support them, teach them to problem solve – don't rescue them. Model problem solving behaviour yourself. Take *yourself* seriously.
- Give them the message that you know they are competent and capable and that you are confident they can do things. Model this yourself – that you think *you* are capable and confident, that you are not anxious about things.
- Teach them self-discipline and encourage determination and patience. Model these things yourself.
- Communicate to them that you don't believe the world is a frightening and dangerous place. Meanwhile protect children from knowledge and other stimuli that really are frightening or shocking until they are old enough to cope – don't create anxiety in them by exposing them to things they – and you – find frightening but that they can't cope with. This includes things on the TV. Otherwise you run the risk of creating fearful or insensitive children.
- Let your children struggle with challenges and failure. Your help lies in the encouragement you offer and help with finding better strategies or ways of doing things that they find hard – not avoiding challenge or doing things for them.
- Being cheerful, optimistic, brave and hopeful, even when things are hard. Having fun and enjoying what I can is a great help in life. Even if things are difficult we don't want to be gloomy and we don't want to spread it around. We just have to be brave and hopeful that things will be OK. What is the alternative?
- If our children can learn to really picture their goals, their preferred future, to imagine things as they want them to be, to have figured out some ways of achieving these, it gives them the motivation, the passion, drive and energy to try to achieve these goals. We want to encourage these qualities, this passion, this goal setting in our children. We need to model it too in our own lives.
- Help your children understand things from others' point of view, and to develop care and concern for others – including for you! This will help them throughout their life to get on with others, to have good and satisfying relationships and that is one of the most important things we can help them with.

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