

Resilience

Nurture resilience in children



Dos

1. Encourage independence: Allow your children to take risks and make mistakes under safe circumstances so that they can trust themselves to solve problem and make appropriate decisions.

2. Nurture a positive self-view: Praise your children and shift their focus on their strengths to boost their sense of competence.

3. Encourage perseverance: Let your children see their difficulties as temporary and they can be overcome. Don't give up, there is always a chance.

4. Make yourself a good example: Teach your children skills such as stress management and handling of conflicts by being their role model.

5. Create a loving and secure home environment: Listen to your children and be empathetic to their feelings. Build a strong family network to support your children through their hard times.



Don'ts

1. Overprotect: Avoid stepping in too early to fix problem for children. This may hinder their learning through experience.

2. Be judgmental: Messages like "Mistakes are unforgivable" & "I am worthless because I have made a mistake" may discourage your children from taking steps to overcome problems.

3. Undermine their confidence: Criticism or disapproval may induce sense of hopelessness.

