



Role Modelling for Resilience



When Parents...

Kids Learn to...

SHOW AFFECTION & ATTENTION

- Feel loved & connected
- Have a sense of worth

LISTEN/UNDERSTAND

- Feel understood & accepted
- Understand others

STAY CALM

- Calm themselves
- Handle stressful situations

SHOW PATIENCE

- Wait
- Develop patience

STOP & RE-THINK

- Stop and think
- Be creative problem-solvers

SHOW POSITIVE OUTLOOK

- Appreciate the positives in life
- Be hopeful (optimistic)

VIEW MISTAKES as OK

- See mistakes as part of learning
- Try new things

KEEP TRYING

- Keep trying
- Achieve goals

SEE STRENGTHS

- See their own strengths
- Feel confidence

TAKE RESPONSIBILITY & BE INVOLVED

- Be responsible & involved
- Feel they belong

For more free information about helping children develop resilience, visit www.reachinginreachingout.com/parents