



RESILIENCE FACT SHEET

.01 Children need to have 1 single adult who is absolutely crazy about them.

For our kids, knowing that they are known and loved by one caring adult is the central predictor of resilience. Having great people around them is one of the next critical resources for building wellbeing. When you feel like you have people around you who are your people, it feels wonderful. But more than that, it makes you more resilient and more capable of handling the ups and downs of life.

.02 Kids need to know who they are.

Since identity is central to the development of resilience, we need to know what it is and how it develops, as well as whether we can do anything to help our children know who they are.

.03 There is no such thing as smart or dumb.

I teach my children there is no such thing as smart or dumb. Instead there are people who keep on trying to learn new things, and people who do not.

.04 Take the balance beam approach

When kids are on a balance beam and start to struggle, most parents either:

- a) Let them fall, watch, and tell them to toughen up, or
- b) Jump up and carry them across.

Neither boosts resilience. The toughen up approach leaves kids wondering if they matter. The helicopter approach leaves them incompetent and incapable, relying on others to help them out.

The best approach is to walk alongside and, when they overbalance, gently place a hand against them, have them lean and rest, and then tell them you believe in them. Ask them what their next step ought to be, and then gently let go so they can do the next bit on their own.

.05 Talk about their strengths more than you talk about their weaknesses.

Our young people need to be able to identify their strengths, and work out how to use them in order to get the benefits. Practise spotting strengths in your family members and give them opportunities to use these strengths, and their resilience will increase.