

Promoting Resilience in Children: Building A Relational Home

What Do Resilient Children Have in Common?

- At least one stable, caring and supportive relationship
- A sense of self-efficacy or mastery over life circumstances
- Strong executive function and self-regulation
- Solid grounding in faith or cultural traditions
- The following character traits:
 - Sense of humor
 - Ability to form attachments
 - Tendency to grow when presented with adversity
 - Flexibility, ability to improvise
 - Acceptance of reality
 - Strong faith that life has meaning



What Factors Help to Create Resilience in Children?

Factors that help to increase resilience in children include:

- Ongoing nurturing relationships
- Physical protection, safety, and regulation
- Experiences tailored to individual differences
- Developmentally appropriate experiences
- Limit setting, structure, and expectations
- Stable, supportive, communities and cultural continuity

Tips for Helping Children Develop Resilience

- Promote parental and caretaker resilience
- Improve knowledge of parenting and child development
- Encourage social connections
- Provide concrete support in times of need
- Help understand the importance of attachment and socio-emotional development

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