



## RESILIENCE AND EMOTIONAL REGULATION

Elements to support resilience comes from many factors:

### 1. Strong Attachment

A strong attachment between parent and child doesn't mean accepting all behaviours, but knowing they are loved and accepted for who they are unconditionally.

An understanding for your child that it's okay to explore, take risks and venture further afield. Knowing 'home' is a constant provides a safety zone.

### 2. Listening

A big factor to building resilience in a child is knowing they have at least one adult advocate who really listens. Over a third of adolescents don't feel someone is listening. Whether based in fact or not, this is their perception of reality.

There's a skill to listening. We need to listen to understand, not to fix. Acknowledge their feelings and then empower them to come up with their own solutions. When we take over, the message is I don't think you can do this without my help. Overcome the urge to problem solve on their behalf.

### 3. Coach

We need to walk alongside and guide them through difficulties. Remember, a coach who gave you skills to learn and overcome obstacles. The skill is knowing how to provide measured advice to overcome challenges from the sidelines.

### 4. Positive self-talk

Model and promote positive self-talk. The voice in your child's head is yours. Showcase the good aspects of what you see every day. There is a natural bias to negativity and in times gone by a natural instinct to understand threats around them. Now we have the internet we need to be more mindful of the surrounding joy in our interactions and nature.

### 5. Build in Downtime

It is important for children to experience boredom. It actually promotes creativity and problem-solving skills. It allows time for connection with others and development of resilience.

### 6. Sleep

No devices in bedrooms. The noise and light disrupt sleep. If necessary, buy a traditional alarm clock to get them up and ready in the mornings. A tired child functions from the amygdala, which is the emotional part of the brain. With quality sleep, your child will operate from the rational, reasoning part of the brain, the prefrontal cortex.

### 7. Benefits of Nature

Being in nature and the obvious benefits of sunshine, exercise and fresh air cannot be over-emphasised. Nature has a rhythm that is calming, refreshes and provides a setting for natural feedback.

### 8. Acts of Service

Helping others by volunteering through service to others or animal refuges to promote gratitude, empathy and kindness.