

RESILIENCE

- Throughout life children will need skills and attitudes to help them to bounce back from difficult situations such as making mistakes, falling out with a friend, moving house or school or losing in a sports competition. Many also will face challenges such as adapting to a split or step family, the illness or death of a family member or being bullied .
- Resilience helps us cope.

Key Messages

- Use helpful thinking when faced with a problem or a difficult situation
- Think more optimistically, ie expecting bad times to get better
- Understand that everyone has setbacks and difficulties, not just them
- Talk to people they trust so they can get a reality check on their thinking
- Be brave and face their fears
- Manage strong emotions turning a bad mood into a good mood

As a parent we must:

- Use resilience type statements when you can
- Help your child take responsibility for what they can (start with small steps)
- Model effective solving of problems (age appropriate)
- Do not overprotect your child from normal challenges
- Avoid offering quick fixes and feel good options
- Do not fight all of your child's battles
- **Gently** challenge self-defeating talk
- Help your child keep things in perspective

LOOKING ON THE BRIGHT SIDE

- IT IS GOOD TO LOOK ON THE BRIGHT SIDE
- IT IS GOOD TO LOOK FOR GOOD THINGS
- LOOK FOR THE SMALL GOOD BITS IN BAD SITUATIONS
- BAD TIMES DONT LAST. THINGS GET BETTER
- IT IS IMPORTANT TO STAY HOPEFUL
- BE THANKFUL AND GRATEFUL
- GOOD MEMORIES OF THINGS HELP YOU BOUNCE BACK
- ONE UNHAPPY THING DOES NOT MEAN EVERYTHING IS SPOILED

SOME THINGS YOU CAN DO TO HELP YOUR CHILD LOOK ON THE BRIGHT SIDE

- Positive sleep time thoughts
- Showing gratitude
- Good memories photos
- Modelling
- Catastrophe scales

COURAGE

Fear is a normal human response to situations that might harm us. It motivates us to check out whether or not the situation really is dangerous. Everyone feels scared at times. Courage means facing fear and not being overwhelmed by it. We need courage if we experience misfortune. We also need courage to face some of the everyday challenges in life.

KEY POINTS TO EMPHASISE

- **Everyone feels scared sometimes**

(discuss how you have dealt with some of your fears)

- **We all need to use a lot of everyday courage in our lives**

(discuss the gains that being brave can bring)

- **Weigh up the advantages and disadvantages of trying to be a hero**

(look for examples, esp in the media)

- **There is a big difference between courage and being foolhardy**

(encourage your child to “do what is right”, even if others do not agree)

(remind them of what they did in the past that was courageous)

facing our fears is how we become stronger

EMOTIONS

- We all experience a range of emotions every day.
- Learning how to name and express our emotions in a positive and assertive way can help us to feel more in control when things are difficult

KEY MESSAGES TO EMPHASISE

- Talking to someone else can help
- Dont let yourself be “hi jacked” by your feelings
- Correctly naming your feelings
- You need to ask “did they really mean?” when you feel hurt or angry
- Unhelpful thinking makes you feel worse
- Sometimes we have mixed emotions about the same thing
- You can change a bad mood into a good mood
- In order to understand others you need empathy

MANAGING STRONG FEELINGS

1. TAKE NOTICE WHEN YOUR CHILD IS FEELING SAD, ANGRY OR UPSET
2. LISTEN TO YOUR CHILD, AND SHOW THEM YOU UNDERSTAND THEIR FEELINGS
3. NAME THE EMOTION IN WORDS THEY CAN UNDERSTAND
4. HELP YOUR CHILD WITH PROBLEM SOLVING
5. HELP YOUR CHILD TO RECOGNISE OTHERS FEELINGS
6. FINISH WITH A HOPEFUL OR OPTIMISTIC STATEMENT

INTRODUCTION TO BOUNCEBACK

This program teaches children the skills and attitudes to help them become more resilient. Throughout life children will need skills and attitudes to help them to bounce back from difficult situations

BOUNCEBACK STANDS FOR

Bad times dont last

Other people can help if you talk to them

Unhelpful thinking makes you feel more upset

Nobody is perfect

Concentrate on the positives

Everyone experiences sadness, failure, setbacks and rejection sometimes

Blame fairly

Accept what can and cannot be changed

Catastrophising exaggerates the worst

Keep things in perspective