

THE
ANCHOR APPROACH



**Building Resilience
at Home**

A GUIDE FOR PARENTS AND CARERS

Suitable for children in KS1-2



What is The Anchor Approach?

The Anchor Approach was set up to help young people, their parents, teachers and schools to work together to improve resilience and wellbeing for all.

Why is resilience so important?

Resilience helps us to manage the ups and downs of life. Resilient children are more likely to find healthy ways to deal with life's difficulties. Children sometimes need help to build up their resilience.

What is the Haringey Resilience Wheel?

The Resilience Wheel is based in 'traditional cultures' research & will help you find ways to meet your child's developmental needs of **belonging, achieving, empowerment & purpose**.



When your child's developmental needs are met they have greater feelings of:

1. **Safety** - so that they are better able to think, learn & manage their relationships
2. **Adventure** - so that they have courage to try new things or keep trying with a task when it becomes difficult.

How can I help my child?

When schools and parents/carers work together they can have a really positive impact on students' wellbeing and happiness.

Your child's teacher will have given you the 'Resilience Questionnaire' to complete. Using this, and the questionnaires completed by your child and the class teacher, has helped us focus on a particular area that research has shown will help your child's ability to cope with the everyday pressures of being in school and should also improve their wellbeing and happiness.

WHAT...

Feeling connected to others. Feeling accepted, understood, valued, and loved.

WHY...

It helps us feel secure, develop trust in others and helps increase our confidence.

BELONGING



WHEN...

Sometimes we may forget how important it is to help our children feel a sense of belonging; we are sometimes very busy and/or going through a stressful time.

It can be difficult when we feel like outsiders, or we have just moved to a new area. It is important at these times to try and build our connections to others.

Ask at the school if they have a parent group you could join or try your local community centre.

HOW... strategies to try with children

- **CONNECTION:** Help them feel physically connected with lots of reassuring, comforting touch and hugs. Show interest when you pick them up from school, take time to ask about their day. Try and be specific, i.e., what did you do in maths today?
- **FRIENDSHIPS:** Encourage them to develop and maintain friendships with children in their class. Help set up playdates / meet ups.
- **CONSISTENT, KIND, RELIABLE & FAIR:** Always do what you say you are going to do, apply rules in the same way every day. Explain rules in terms of safety and fairness for all of the family.
- **INVOLVEMENT IN COMMUNITY ACTIVITIES:** Help them to join a club. This could be outside of school like karate, drama or dance, or an in-school club (ask school which clubs they have).

Remember, building a child's sense of safety, belonging, achievement, empowerment and purpose is an ongoing process that requires patience, consistency and lots of love and support. By implementing these strategies, you can help your child feel connected, supported, and valued within their family and community.

WHAT...

Being successful, sharing skills with others.
Celebrating success.

WHY...

Helps us feel good about ourselves. Creates a feeling of satisfaction, helps build our confidence.

ACHIEVING



WHEN...

Sometimes we might unintentionally impact on our child's sense of achievement.

Being overly protective or micro-managing their activities can prevent children from experiencing and overcoming obstacles.

Sometimes we can have unrealistic expectations of children which may lead to a sense of inadequacy or a fear of failure. Comparing a child with others can lead to them feeling judged and not loved unconditionally for who they are. This can result in a loss of confidence and feelings of anxiety.

Remember, it is important that you give time to yourself too – think about learning a new skill.

HOW... strategies to try with children

- **CELEBRATE:** When your child does something well, recognise that achievement. When picking child up from school, show genuine interest in small things your child has done. Praise them.
- **GROWTH MINDSET:** Help them to have a 'can do' attitude to life – help them to find the positives in situations
- **RECOGNISE:** Spot talents they have and help nurture these.
- **LEARN A SKILL:** Help them to learn a new sport or skill like judo, swimming or cooking.

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WHAT...

Being listened to, having some choice and control.

WHY...

We all need to feel we have some control over our lives and that our opinions are valued. This gives us confidence to overcome challenges and have a more positive attitude.

EMPOWERMENT



WHEN...

Sometimes life is difficult, and this can affect our own, as well our children's sense of empowerment. For example, if we have to move suddenly, or an important relationship breaks down, it can make us feel like we have little control over our lives.

An authoritarian parenting style, with strict rules and sanctions can also limit a child's sense of empowerment.

Help build your own empowerment by spending time with people who listen & ask

HOW...strategies to try with children

- **DECISIONS:** Give them the opportunity to make age-appropriate decisions. Start with small choices, such as which shoe to put on first and increase complexity as they get older, i.e., what filling they would like in their sandwich.
- **VALUE:** Ask for, and value their opinions. Show them you trust them.
- **RECOGNISE GOOD IDEAS:** and follow them, let them know how they can contribute to the family.
- **ROUTINES:** Children thrive on routines. Establishing regular routines for meals, bedtimes and other activities help our children feel more secure and in control.

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WHAT...

Helping others, contributing to community, feeling valued. Knowing our place in the future.

WHY...

Gives meaning to life and a positive sense of self because our view of ourselves is based on how other people view us.

PURPOSE



WHEN...

Sometimes it can be hard for us to foster a sense of purpose in our children, especially when we live far away from family and/or we are not connected to people of different ages in the community.

When we do not have opportunities to receive positive feedback, it is hard to be positive and see a future for ourselves as valued members of the community.

HOW...strategies to try with children

- **EXPLORE:** Encourage them to explore different activities and hobbies. If you give them lots of different experiences it helps them develop a sense of what they enjoy and what they might want to pursue further
- **ENCOURAGE:** Help children follow their interests by making use of the resources available in libraries, community centres and online.
- **VOLUNTEER:** help them to get involved in community groups or projects or to help a member of the family or a friend with something.
- **ACTS OF KINDNESS:** be a positive role model, doing things for others gives us a real sense of purpose and helps us feel good about ourselves.
- **DISCUSS:** Talk to them about what gives life meaning. Putting value on things that money can't buy.

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WHAT...

Basic human needs – physical safety - food, shelter etc. Emotional safety, free from blame, sarcasm etc.

WHY...

Feeling safe helps our children to develop healthy ways to cope with difficult situations and they are better able to learn and grow

SAFETY



WHEN...

Sometimes things happen in life that can make our children feel unsafe...things like moving house, or a new baby coming along can be very unsettling for some children.

We cannot always prevent our child from witnessing distressing events like bereavement or anger, but we can make sure we rebuild their sense of safety after such events.

Remember, look after yourself – seek help from others if you need it.

HOW...

- **BE RESPONSIVE:** When our children need comfort, attention, or reassurance, be there for them.
- **CREATE ROUTINES:** Children thrive on routines. Establishing regular routines for meals, bedtimes and other activities helps our children feel more secure and in control.
- **TALK:** Helping our children to think about school as a SAFE PLACE will build their ability to develop & learn. It can be helpful to remind them that they are safe. Help your child identify adults at school who they feel safe with and who they can check in with each day.

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WHAT...

Feeling confident to explore new places and try new things. Facing challenges with excitement.

WHY...

Feeling adventurous it can bring feelings of joy and excitement. It helps us keep going & achieve our potential.

ADVENTURE



WHEN...

Sometimes we do not feel very adventurous. This can happen if we have a lot of worries.

Focusing on the other areas of the resilience wheel – like building our connections with people (belonging), giving ourselves small goals (achievement), focusing on things you can control in your life (empowerment) and finding small ways to help others (purpose) – will help build your sense of adventure!

HOW...

- **ENCOURAGE CURIOSITY** – answer their questions patiently and encourage them to ask more.
- **INTRODUCE THEM TO NEW IDEAS**, cultures, books and activities that spark their interest.
- **LET THEM EXPLORE**– nature, science, art in a hands-on way.
- **MODEL ADVENTUROUS BEHAVIOUR** – show our enthusiasm for trying new things, whether travelling or trying a new skill or food. Share stories of our own adventures with our children.
- **CREATE A SAFE ENVIRONMENT FOR RISK-TAKING** - let them try age-appropriate challenges like learning to ride a bike, or learning to swim.
- **PROVIDE TIME FOR INDEPENDENT PLAY** – take them out to parks, woods, museums.

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