

OVERVIEW OF THE PARENT RESOURCE

How to use Building Resilience Day to Day with parents.

To support the building of resilience at home and in early years settings



[The term ‘parent’ used in these Power Point notes includes carers and other caregivers important in the child’s life].

This is a brief introduction to the resource on a key ring developed for parents of children under 5 - **‘Building Resilience Day to Day’**

The parent and carer resource set of cards with information to support the building of resilience in children day to day.

The resource was co-developed with Best Start Family Hubs Haringey in consultation with parents and staff.

Subsequently it has been sent to all **Haringey** nursery schools, school-based nurseries, Best Start Family Hubs and children's centre's in the borough. (sent in boxes)

*The idea for the resource is for it to be given **out** to parents at **Stay and Play sessions** or at parent/carer workshops, coffee mornings, play sessions or as **during outreach work** as a way to support parents. It sits alongside Anchor Approach resources used in early years provisions in Haringey.*

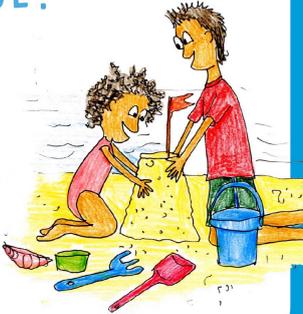


WHAT'S INSIDE?

Tips for parents

Introduction	1-4
Activities with your child	5-14
Resilience Wheel and useful ideas	15-28
Other things to think about and try	29-42

Resilience is the ability to recover quickly from difficulties we might face in life



2

- Introduction
- Activities with your child
- Resilience Wheel and useful ideas
- Other things to think about and try



We are now going to look at what is inside

The cards are divided into 4 sections with prompts strategies and ideas that can be relevant to parents.

The resource is information rich, so **some parents/carers may need support** to use the resource and encouraged to focus on specific areas, ideas or strategies.

The four areas are:

- Introduction – what to do, how to use
- Activities with your child, this section is focused on when the parent is doing different things with their child
- Resilience Wheel and useful ideas, explains the Haringey Resilience Wheel and ideas they can use or be supported or prompted to use based on the areas of the wheel. This section is particularly useful when settings are offering sessions or use the resilience wheel as there is a direct link between home and school
- The last session covers other things to try and this includes the 6 ways (**see 6 Ways booklet**).

Ideas for parents

How to use...

This leaflet shows lots of ways that you can help to build your child's resilience, wellbeing, and happiness

1. Look at the pages that interest you or may be helpful to you and your child
2. Try one or two ideas in this booklet at a time
3. Hang it somewhere nearby, use it at home, or keep it with you to remind you of things you can try when you are out

Resilience is the ability to recover quickly from difficulties we might face in life

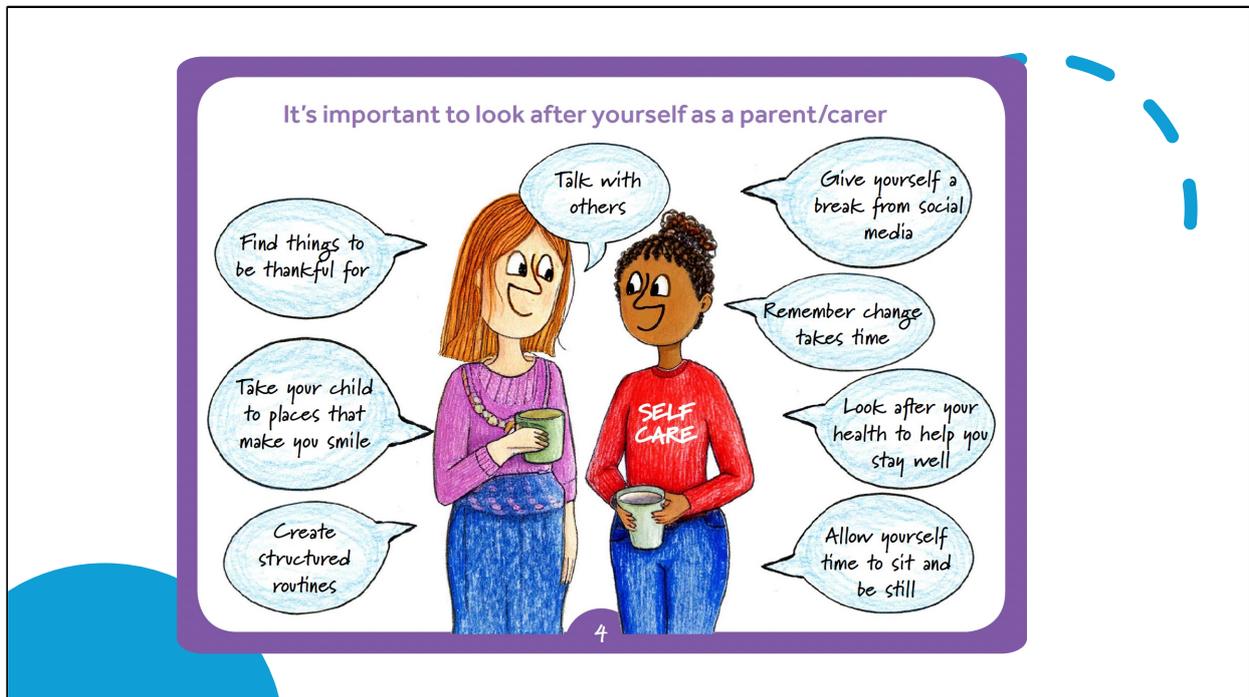
3

- ✓ Choose pages of interest
- 💡 Try one or two ideas at a time
- 👔 Hang it up, or carry it

As part of the introduction there is a how to use page for parents. It includes an image of the Haringey Resilience Wheel as it is the key theme in the resource. On this page – it is suggested that parents look at the pages that interest them, or is helpful to them or their child.

Parents can be encouraged to identify things that they are already doing with their child. It can promote and encourage them to keep doing positive things that they may be doing naturally and instinctively. Parents can then be encouraged to focus on one or two ideas as a time – there is a lot of information so it's important to support and encourage them to use it as a reference tool. Encourage parents to display the cards at home or carry them to remind them of things they can do to support their child. Remind parent/carers

*Just to reinforce - when the resource is shared with parents, do encourage them to only try one or two ideas initially – **to avoid overwhelm.***



As well as thinking and supporting the relationship between the child and adult, this card prompts parents to also think about looking after themselves. The suggestions include – creating structured routines, remembering things take time, and importance of health.

INCLUDES:

- PICK A PHRASE TO USE DURING THE DAY
- NON-VERBAL ACTIVITIES
- TALKING TO YOUR CHILD (Over and under 2 years)

TALKING WITH YOUR CHILD

Under 2s

- You had fun today doing...
- Today we are going to...
- I think you learnt to...
- You look like you are having fun playing

Over 2s

- What did you learn today?
- What did you enjoy the most today?
- Did you have some fun today?
- What are you looking forward to today?
- What did you do that was kind today?
- What made you happy (today/this week/ at school/at...)

15

PICK A PHRASE TO USE DURING THE DAY

Thank you for...	I liked the way you...	Look at...
Well done, you finished...	You didn't give up you...	Well done, I noticed that you...
I am thankful for...	I really liked how you...	I thought you tried hard because...
Well done for keeping going because	How could we do this differently?	I am wondering...

TRY DOING THESE NON SPEAKING ACTIVITIES WITH YOUR CHILD AS WELL

Breathe together	Mirror your child, copy noises and actions	Drum, tap, make noise together
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14

Some cards provide parents and carers with prompts to start conversations and promoting talking and the value of non-verbal communication. Phrases such as: I liked the way you..... Well done I noticed that you...I am wondering.....



IN THE PARK
more ideas

- ☑ Let your child have a try on different equipment
- ☑ Let them watch and look
- ☑ Encourage them to try new things and explore spaces
- ☑ Meet with other parents
- ☑ Arrange play dates with other children
- ☑ Look for things in nature - notice leaves and flowers
- ☑ Notice and name colours. Count steps, swings etc. Use words like up, down, under, over etc.

Add your own ideas and activities

AT HOME
more ideas

- ☑ Create a fun obstacle course in the home using boxes, pillows and other items
- ☑ Get your child to move, stretch and reach
- ☑ When your child is playing with a toy, think about what they like about the toy and talk about the movement, the colour
- ☑ Keep your home safe for your child, windows, doors, cupboards and locks where needed

Add your own ideas and activities

AT BEDTIME
more ideas

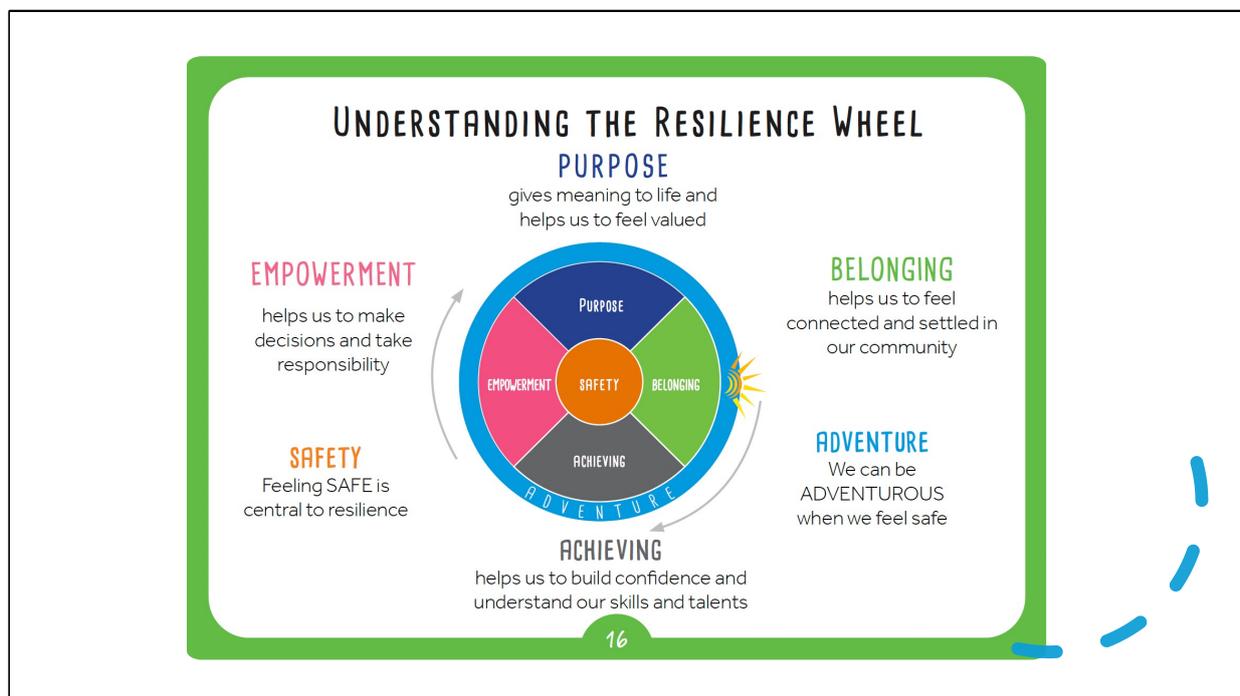
- ☑ **Set the scene** – low lighting, gentle or quiet sounds, things that are calming
- ☑ **Create a routine** away from the phone and tv
- ☑ **Read a book** or look at pictures
- ☑ **Talk about what has happened** during the day, and what will happen tomorrow
- ☑ **Help them to think** about one of the following: a good thing that happened, a thing they learned, a kind thing they did, a kind thing someone did for them
- ☑ **Say something positive** about a worker at your child's nursery/playgroup

Add your own ideas and activities

11

7

The Activities with your child section focuses on activities that parents and carers will do with children, the cards include suggestions for things to do In the park..... On a journey.....having food and picking up and dropping off your child. So lots of ideas!



The next section of cards gives information to parents about the Haringey Resilience Wheel and how it relates to them and their child. We start with belonging. Focusing on Belonging – connecting to others, Achieving – using our skills and talents, Empowerment – having independence and have choices Purpose – where we share and think of others will support feelings of safety and the ability to be adventurous.

BELONGING

things to try

- ☑ Meet with other parents
- ☑ Arrange play dates with other children
- ☑ Help your child to play with other children
- ☑ Say hello and goodbye every time you leave and see your child again
- ☑ Copy faces your child makes and things your child does
- ☑ Go to different places together and with others
- ☑ Attend community groups or events with your child



19

BELONGING

day to day

Connect

Introduce your child to others, talk about friends and family, remembering things about them



Look

Tell your child where you are looking, name things

Ask your child to look around them. What do they see?



20

For each area of the wheel, parents are given some ‘things to try’ and think about. Including meeting other parents, supporting child to play with others and go to different place.



This is information for Empowerment another area of the resilience wheel. Suggestions include: supporting choice, independence and letting children play their own way.



The next set of information is focused on the 6 WAYS. Strategies **and ideas** to support children in the early years and useful for staff and parents to use and build children’s resilience and wellbeing.

The cards contain a summary of each of the 6 WAYS for healthy development and strong relationships.

The 6 ways include:

- Holding in Mind
- Co-regulation
- Self-regulation
- Emotion Coaching
- Helping not Fixing and
- Making and Breaking

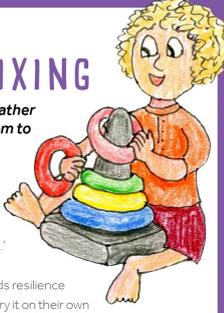
support your child by:

HELPING NOT FIXING

For some activities try to help your child rather than fix or do things for them. It helps them to build a sense of control and ownership

You can help them by:

- Asking:** 'What do you think we could do...'
- Finding solutions together:** 'What if we tried...'
- Letting them play** or do an activity their way
- Remembering** that a 'little bit of struggle' builds resilience
- Teaching** your child something, then let them try it on their own
- Allowing** them to try safe challenges
- Being curious.** ask your child questions: 'Can you tell me about...'



40

support your child by:

HELPING NOT FIXING

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Helping	Fixing
<p style="font-size: small;">Supporting your child to find a solution for themselves</p> <p style="font-size: small;">This can build children's confidence that they can work things out for themselves</p>	<p style="font-size: small;">Doing it for your child</p> <p style="font-size: small;">This can lead to children losing confidence in their ability to work things out for themselves</p>



39

These practices will help parents to meet the needs of their children, strengthen relationships and compliment the work of the resilience wheel.

The resource can be used for targeted support, work and focus, so individual slides can be shared or printed to support targeted work.

Do encourage parents and carers to focus on one or **two areas at first**.

Parents could be encouraged to think about asking more questions when their child is playing or that they should giving more time to let children play their own way and ask less questions.

EMOTION COACHING

A conversation to support your child when they need soothing

Give your child time to recover from the upset. Kindly and calmly be clear on any limits your child needs to follow to avoid hurt to others and themselves

- 1 **Name the emotion**
 eg. 'I wonder if you are feeling frustrated because we have to go home.'
 Try to use a range of words more than happy and sad, e.g. joyful, sad, disappointed, nervous, excited, disgusted
- 2 **Acknowledge and validate how they are feeling**
 eg. 'I think most people would find that... frustrating/ exciting/ disappointing...'
 You can change the 'most people' to 'some people/ lots of people/ I would find that...'
- 3 **Set limits**
 eg. 'I know it's difficult when... but it is not okay for ...', 'I know you feel... but ... (norting/hitting/ shouting) is not kind to others.'
- 4 **Offer guidance**
 eg. 'What do you think we could do about...?', 'I am wondering how we make things better... what if we...?', 'Help me to think of a good way to move this forward...' (See Helping NOT Fixing card)



36

support your child by:

EMOTION COACHING

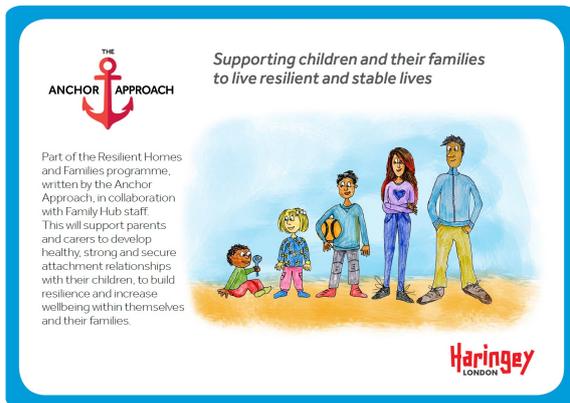
A conversation to support your child when they need soothing

- 1 **Name the emotion**
 Not the behaviour
- 2 **Acknowledge and validate how they are feeling**
 so child relaxes and knows it is normal
- 3 **Set limits - if needed**
 Quietly explain what is not acceptable and why
- 4 **Offer guidance**
 Once settled and calm



37

One of the 6 WAYS strategies includes emotion coaching, a way to support regulation using a structured conversation.



Part of the resilient Home and Families programme. Written by the Anchor Approach in partnership with Best Start Family Hub Haringey staff and feedback from parents.



Scan the QR code to download Building resilience day to day or visit: www.haringey.gov.uk/anchor/BRD2D

So just a reminder – The resource is part of the Resilient Home and Families programme developed by the Anchor Approach for the Best Start Family Hubs Haringey and for parents of children under 5. **It has since been shared with all Haringey Early Years settings.**

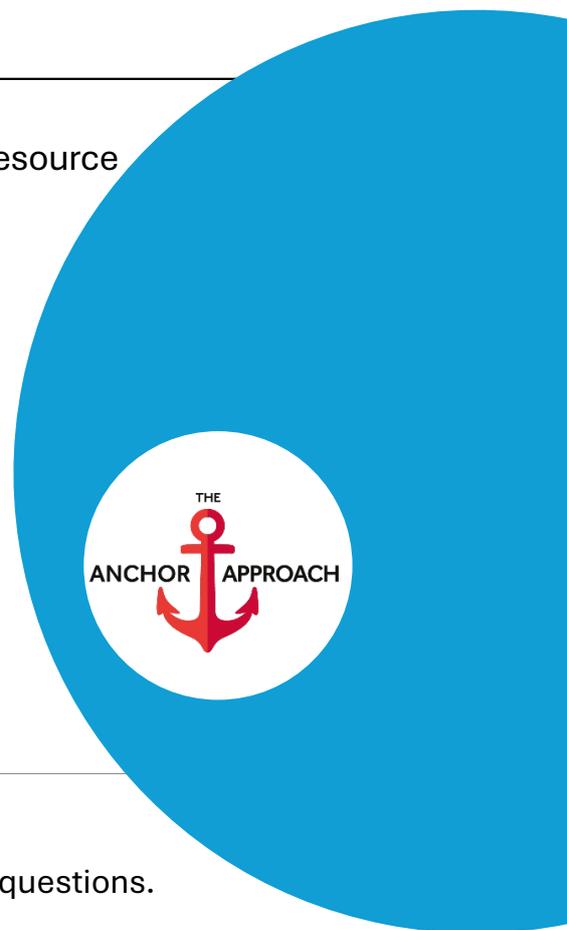
I hope this has been a useful overview of the resource and how you can support parents to use it.

If you are in an early years setting and haven't seen it then do go looking for it – it was sent to all children's centre's and nurseries and school nurseries in Haringey at the start of April 2025. Please follow link or QR code to download the resource.

We would really appreciate your feedback on the resource
It will take a couple of minutes to complete..



www.haringey.gov.uk/anchor



We would appreciate your feedback.
Please can you scan this code which take you to a few questions.