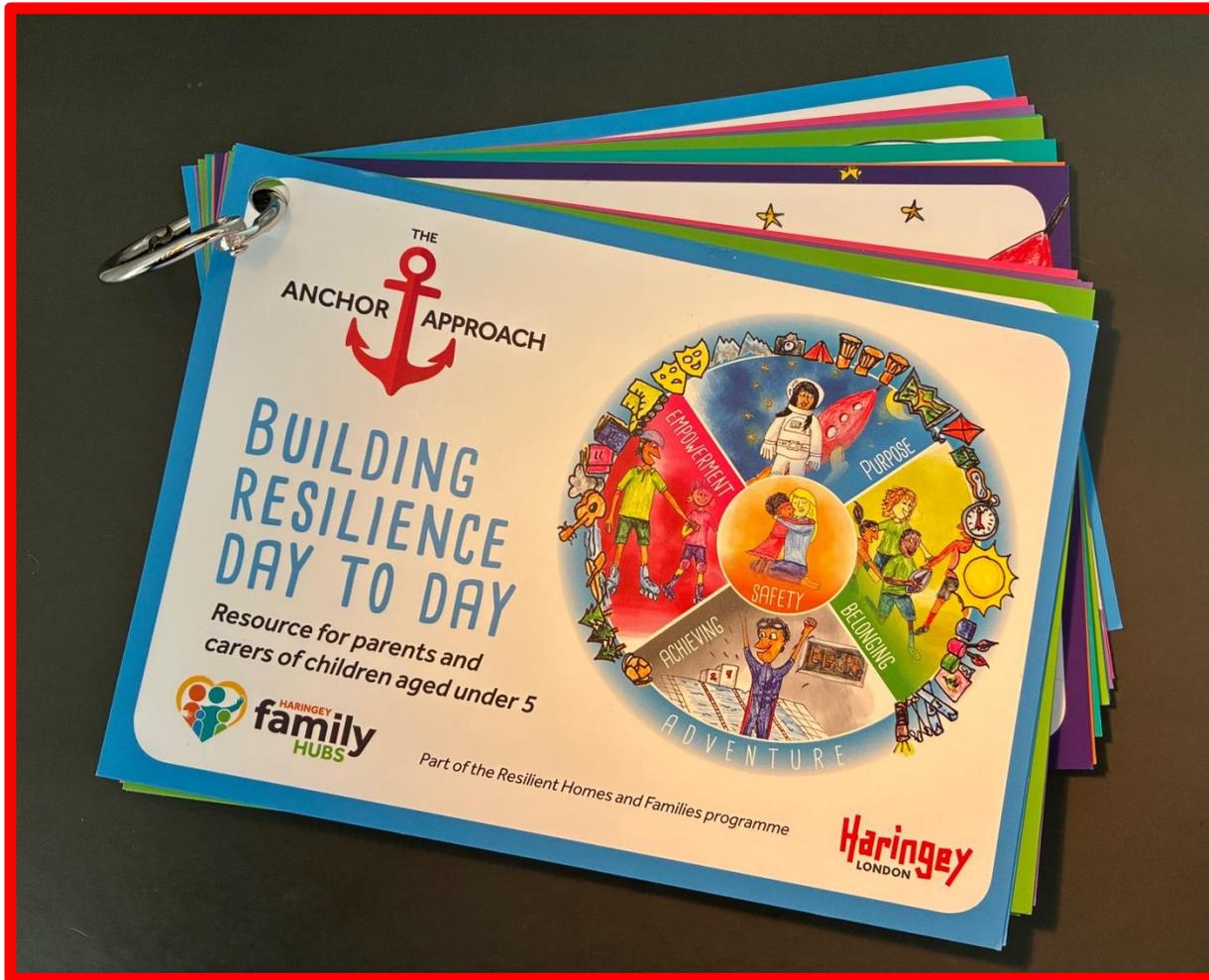


OVERVIEW OF THE PARENT RESOURCE

How to use Building Resilience Day to Day with parents.

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

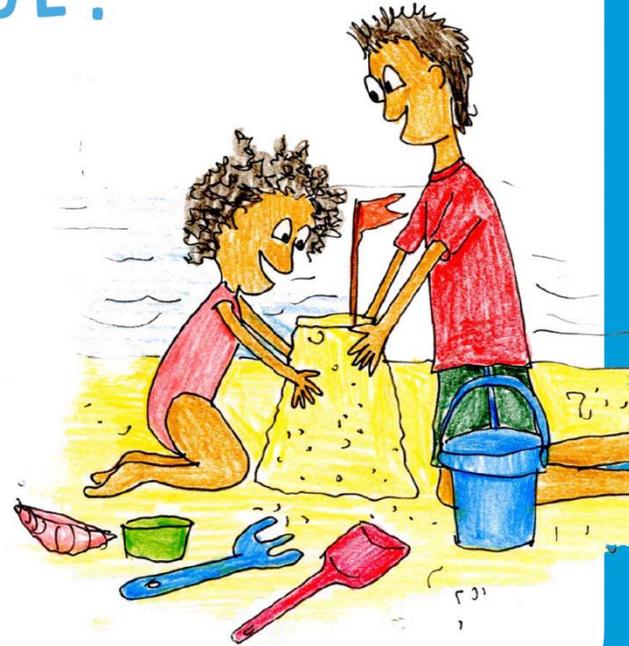


WHAT'S INSIDE?

Tips for parents

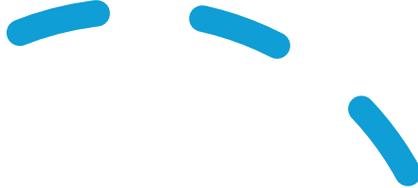
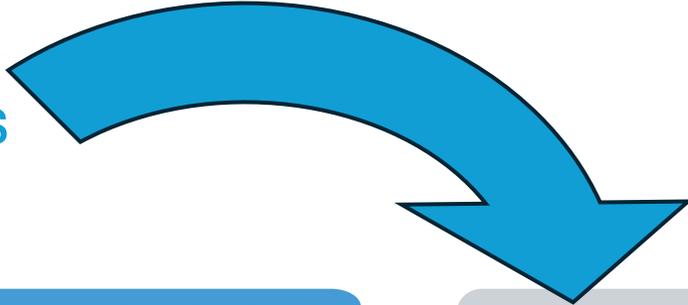
| | |
|-------------------------------------|-------|
| Introduction | 1-4 |
| Activities with your child | 5-14 |
| Resilience Wheel and useful ideas | 15-28 |
| Other things to think about and try | 29-42 |

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

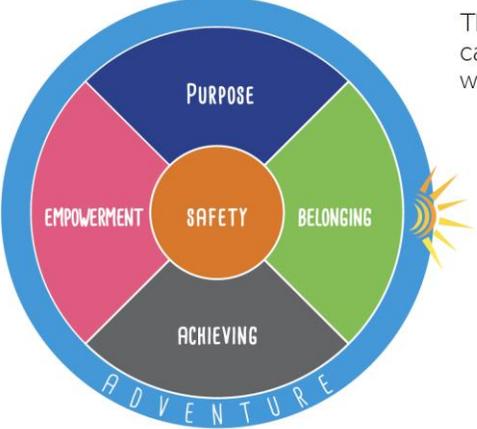


- Introduction
- Activities with your child
- Resilience Wheel and useful ideas
- Other things to think about and try

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

It's important to look after yourself as a parent/carer



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...)

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PICK A PHRASE TO USE DURING THE DAY

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

TRY DOING THESE NON SPEAKING ACTIVITIES WITH YOUR CHILD AS WELL

| | | |
|-------------------------|---|---------------------------------------|
| <i>Breathe together</i> | <i>Mirror your child, copy noises and actions</i> | <i>Drum, tap, make noise together</i> |
|-------------------------|---|---------------------------------------|

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IN THE PARK

more ideas

Add your own ideas and activities

- ☑ 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.

AT HOME

more ideas

Add your own ideas and activities

- ☑ 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

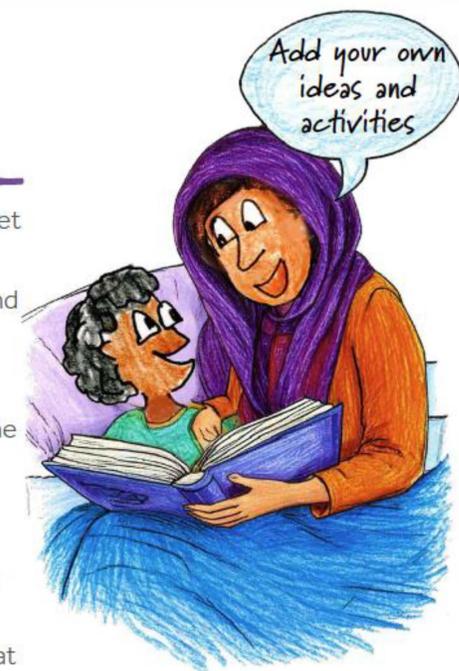


AT BEDTIME

more ideas

Add your own ideas and activities

- ☑ **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



UNDERSTANDING THE RESILIENCE WHEEL

PURPOSE

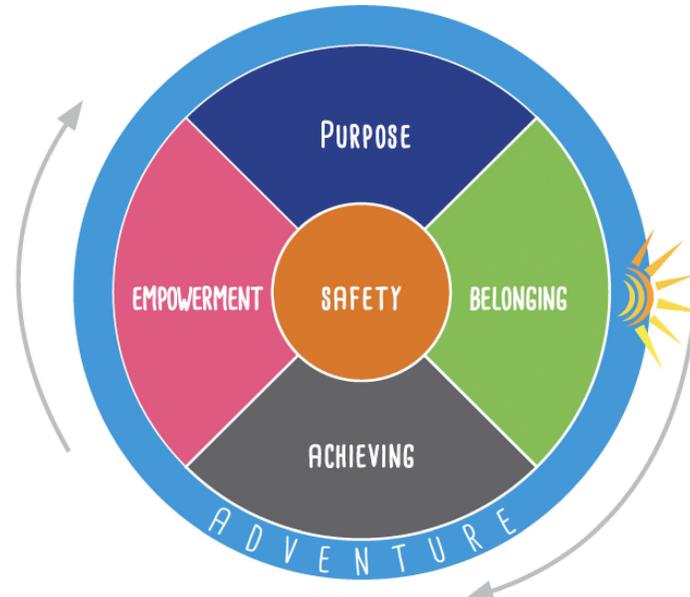
gives meaning to life and helps us to feel valued

EMPOWERMENT

helps us to make decisions and take responsibility

SAFETY

Feeling SAFE is central to resilience



BELONGING

helps us to feel connected and settled in our community

ADVENTURE

We can be ADVENTUROUS when we feel safe

ACHIEVING

helps us to build confidence and understand our skills and talents

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



BELONGING

day to day

Say "Hello!"

Say "Good bye!"

Build your relationship through play

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

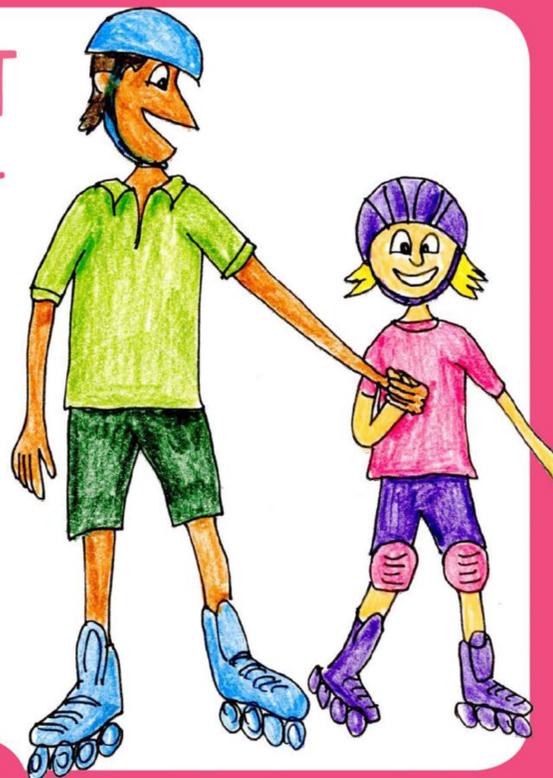
Ask your child to look around them. What do they see?



EMPOWERMENT

things to try

- ☑ Watch your child - what do they do, how do they communicate with you?
- ☑ Give your child choices (e.g. what pair of shoes today – 2 options)
- ☑ Give them small bits of information
- ☑ Explain things in steps and give them time to respond
- ☑ Show you've listened by talking about something they told you earlier
- ☑ Allow them times to not be with you
- ☑ Help your child to develop skills and talents, learn to do things their own way



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EMPOWERMENT

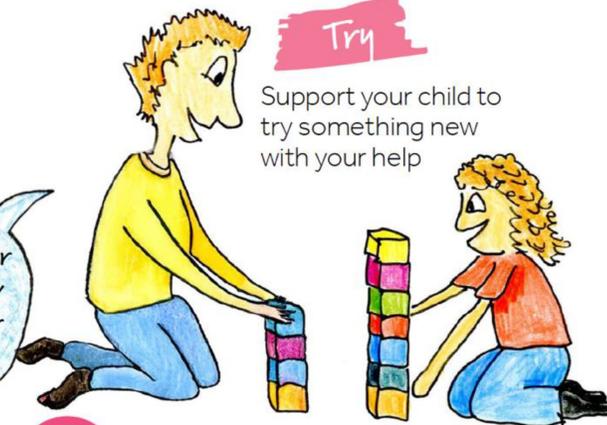
day to day



Show

your child how to do something or how things work

Encourage your child to show you things, or find things



Let your child try something alone. Give them time to work it out.

Try

Support your child to try something new with your help

24



*to support your child to
build resilience*

*6 specific things you can try to
support your child*

HOLDING IN MIND

CO-REGULATION

SELF-REGULATION

EMOTION COACHING

HELPING NOT FIXING

MAKING AND BREAKING

6 WAYS

1

HOLDING IN MIND

Thinking about what they
need and remembering
them

2

CO-REGULATION

Doing things together and
responding to each other

3

SELF-REGULATION

Learning to manage strong
emotions for ourselves

4

EMOTION COACHING

A helpful framework to teach
children to manage strong
emotions

5

HELPING NOT FIXING

Helping children to find
solutions when things don't
go to plan

6

MAKING AND BREAKING

Learning that things and
relationships can break and
we can find ways to repair
them

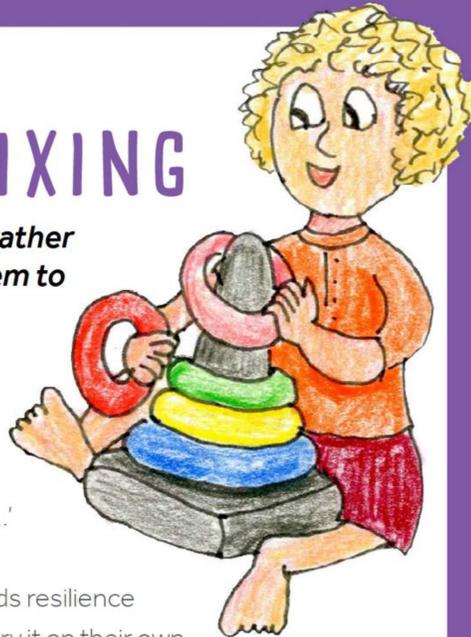
support your child by:

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..'



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

Helping

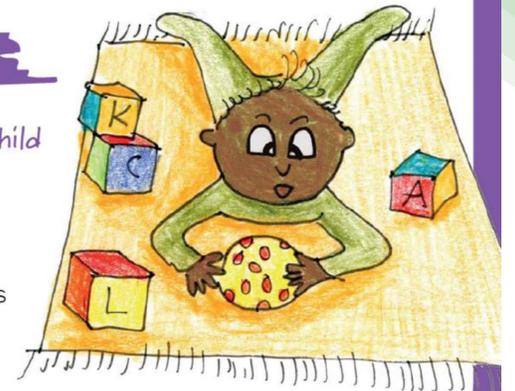
Supporting your child to find a solution for themselves

This can build children's confidence that they can work things out for themselves

Fixing

Doing it for your child

This can lead to children losing confidence in their ability to work things out for themselves



EMOTION COACHING

A conversation to support your child when they need soothing

1. Name the emotion

e.g. '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

e.g. '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...'



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

3. Set limits

e.g. 'I know it's difficult when... but it is not okay for', 'I know you feel..... but...(hurting/hitting/shouting) is not kind to others'.

4. Offer guidance

e.g. '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)

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

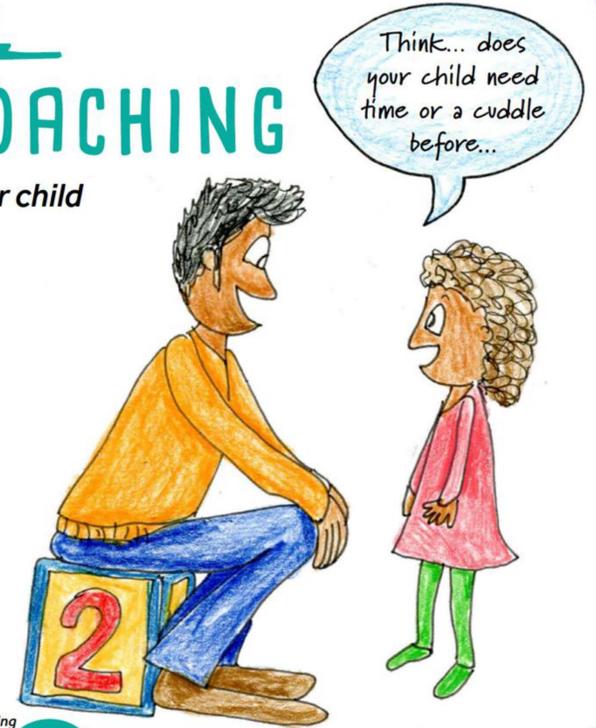
3. Set limits - if needed

Quietly explain what is not acceptable and why

4. Offer guidance

Once settled and calm

Based on American Psychologist John Gottman's Emotion Coaching





*Supporting children and their families
to live resilient and stable lives*

Part of the Resilient Homes and Families programme, written by the Anchor Approach, in collaboration with Family Hub staff. This will support parents and carers to develop healthy, strong and secure attachment relationships with their children, to build resilience and increase wellbeing within themselves and their families.



Haringey
LONDON

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.



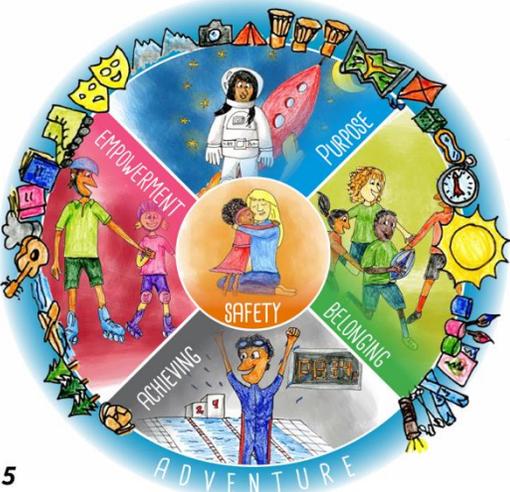
Scan the QR code to download Building resilience day to day or visit:

www.haringey.gov.uk/anchor/BRD2D

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



BUILDING RESILIENCE DAY TO DAY
Resource for parents and carers of children aged under 5



family HUBS Part of the Resilient Homes and Families programme **Haringey LONDON**



www.haringey.gov.uk/anchor