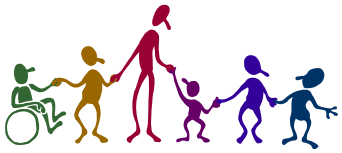
Tip of the Month

Building Resiliency! How do I do that?

Resiliency is generally defined as the ability to "cope with adversity" and "persevere and adapt when things go awry"! There are many steps and strategies we as parents and educators can do! One of the most simple is to "talk about feelings"! As much as we might like to, we can't prevent kids from feeling frustrated, angry or sad at times. And that's okay, children need to experience these to learn how to manage them. The first step is for children to hear us talking about emotions. Label your own feelings!! "I get really frustrated when I can't find my car keys". If your child seems angry, frustrated, happy or sad, point it out to him and use words to help him learn to identify the emotions. Children who can recognize, identify and talk about emotions are less likely to reach the point where they act out their strong emotions with disruptive behaviors. Talking to children about their emotions also shows that you understand and care about how they feel. Don't forget it takes a long time for children to develop emotional control! Talking about feelings is not always a quick fix for preschool stress. Keep the conversation short, comfort your child and when he/she is ready, help her to get her mind off being upset with a new activity.

Adapted from: Kids Have Stress Too and Reaching in Reaching Out
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