



14 TIPS TO DEVELOP



RESILIENT CHILDREN

1 Teach children to problem solve



2 Allow space and time for children to make their own decisions



3 Help children to become aware of their thoughts



4 Help children to challenge themselves



Help children to learn from failure and mistakes



Try not to provide all the answers for your child



Develop autonomy in children



Be a positive resilience role model



Let children make mistakes



Don't over praise

Encourage risk taking

Praise children honestly

Help children to put things into perspective

Help children to develop positive coping strategies