

# How to build resilience and emotional health in children

## Our top tips



## Practical ways

### Build positive relationships

Help them to strengthen and build positive relationships with their friends and other adults. This will help them to understand, think and communicate with others, as well as contribute to social and emotional development.

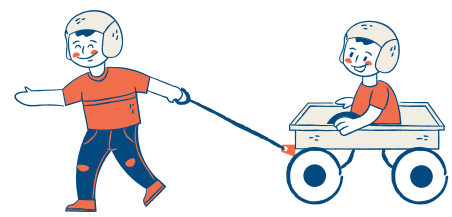
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- Give them space to spend quality time with their network of friends and loved ones.
- Help them build a positive relationship with themselves and others by letting them spend time doing the things they love.

### Build emotional awareness

Encourage them to understand, express and manage their emotions. Children who learn to handle their emotions tend to have better physical and emotional health, do better at school and get on better with friends. Let them know it is ok for them to seek help and support too if they need this.

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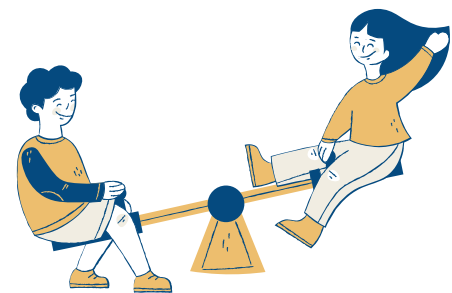


- Encourage them to get to know who they are and what values they hold.
- Give them lots of positive encouragement and praise.
- Share your experiences with them so they can see you understand what they are going through.

### Build independence

Help them learn to be independent in their actions and thoughts. This will help to develop their confidence, self-efficacy and self-esteem. It will also boost motivation and help them to work through challenges.

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### Build confidence

Help them build their confidence by taking on challenges and allow them to learn from it even if they do not manage to complete the challenges.

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- Encourage them to learn problem-solving skills as that is key to building resilience. No matter what the situation or issue is, there is always a resolve for it.
- Whether they accomplish them or not, encourage them to plan goals and challenges, which help to boost their self-esteem and confidence and independence.

### Get support

Family Lives is always here to support you through difficult times. For support call our confidential helpline on 0808 800 2222, email us at [askus@familylives.org.uk](mailto:askus@familylives.org.uk) or chat to us online.

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- Help them list all the things they are good at including being kind, helpful and loving and show them why these attributes are so essential in life.



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