

TIPS TO BUILD EMOTIONAL RESILIENCE IN CHILDREN



Spend quality time with children. When they feel loved and supported, children develop emotional strength.



Talk about feelings so your child learns to share their worries and fears with people they trust.



Instead of rushing to solve problems, give children time to work things out themselves.



When children experience failure or disappointment, it's important to praise their effort and encourage them to try again.



Acknowledge your own mistakes to teach children that mistakes are essential for learning and growth.



If your child can't find a solution to a problem, use gentle questioning to guide them towards it.

