

# **How to Help Your Children Cope with Change and Develop Resiliency**

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# Objectives



- Learn which ages, stages, and personalities are most vulnerable
- Learn how to build your child's resilience
- Model and teach stress management and coping skills

# Your help is needed most for:

- vulnerable stages:
  - 1<sup>st</sup> & last trimesters
  - Infancy/bonding (4 mos.)
  - Toddlerhood/speech
  - 4 yrs./fantasy & reality
  - 7 yrs./social awareness
  - 12 yrs./sex & identity
  - 17 yrs./independence
- and personalities:
  - intelligent
  - sensitive
  - introverted
  - rigid



# You can build resilience by:



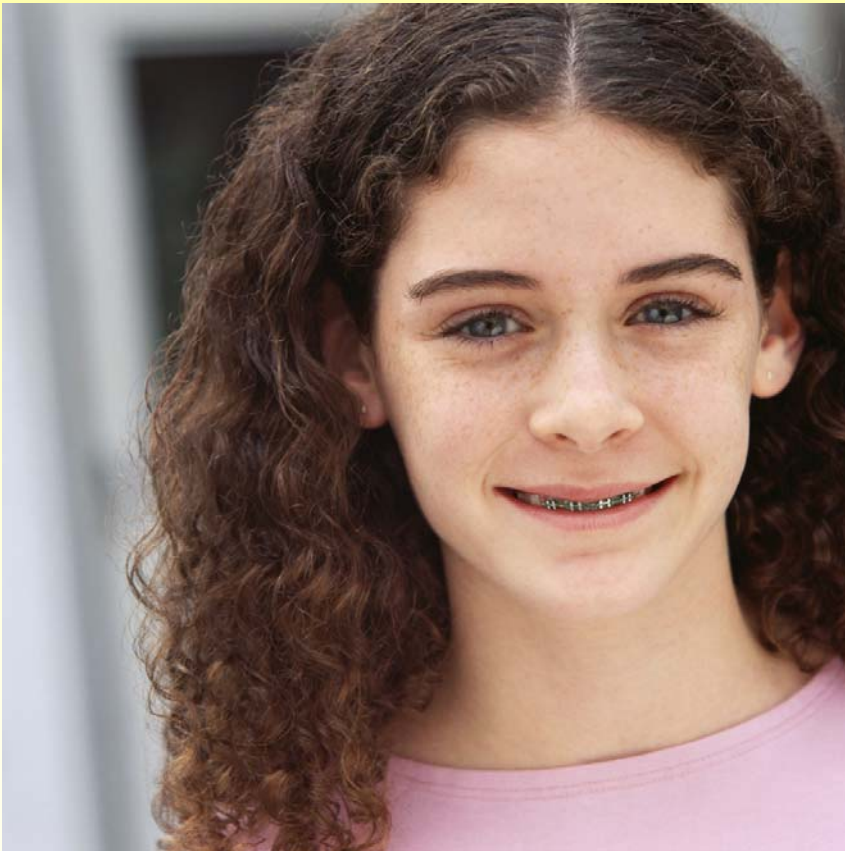
- Setting environment & routines at a healthy coping level
- Focusing on efforts & successes in order to build a strong self-image
- Keeping your standards high and expectations lower
- Setting safe limits but allow experimentation/failure within limits
- Using child's regressions to reinforce healthy parenting patterns

# Your child can manage stress



- Model healthy stress management
- Confront child's stress calmly
- Set a healthy lifestyle
- Give words to feelings
- Use transformational words
- Discuss stress as feedback
- Teach relaxation techniques

# Your child can cope



- Disappointment: seeing the situation in a different light
- Change: acknowledge losses so gains can be celebrated
- Rejection: use as feedback about child or situation

Thank you!



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