

MENTAL HEALTH TIDBIT (BETTER INFORMED TOGETHER)

SIX SIGNS YOUR CHILD IS RESILIENT

DAUPHIN COUNTY MH/A/DP
FEBRUARY 2021 MENTAL HEALTH TIDBIT

People often say that children are resilient, but the pandemic has created hurdles, both academically and socially, that children may have never faced before. We wonder if our children are resilient. To answer that question, we need to have a good understanding of what resilience really is. Resilience is not about catching up and getting back to normal. Resilience is a trait that lets children learn from setbacks and come away with something positive. It is about coping with challenges. You can still feel upset and be down at times even if you are resilient. Children can be resilient without reaching some specific goal or always being strong and upbeat. So how do you know if your child is resilient?

Below are some signs of resilience to recognize and encourage in your child and also a link to a worksheet to help you note times when your child showed signs of resilience.

https://assets.ctfassets.net/p0qf7j048i0q/5hoeASKktavB5U2Whp7ZQF/a94b7c1e6e329040ecfed95593f7a73e/Download_Is_my_child_resilient_Understood.pdf

- ❖ **Asks for help** – If your child comes to you with a math problem like the one you helped with yesterday, you might think they still do not get it. That may be true. But asking for your help means your child is coping with yesterday's difficulty and wants to get it right today.
- ❖ **Recognizes strengths** – It can be hard to see your strengths when things are not going well. If your child can say, "I know the cake I baked did not turn out like the picture, but it tasted great," it shows a sense of pride and self-esteem.
- ❖ **Sees lessons in setbacks** – Maybe your child has put in several applications without getting a job. Instead of ending their search, they decide to change their resumé and follow up on every new application they submit. Learning from the problem and coming up with a solution is a win.
- ❖ **Believes things will improve** – Resilience means your child believes that situations can change, and skills can improve with work and support. If your child believes that progress is possible, that is a sign of resilience. You might see your child spend more time learning a new skill like baking or drawing or practicing basketball to make the team next year.
- ❖ **Sets goals** – When children struggle, they may lower their expectations for themselves. But if your child sets new, realistic goals instead of taking the easy way out, it shows a desire to push ahead and improve. Your child might be anxious about making comments during online learning, but says, "I will use the chat feature to comment at least one time during all my classes this week".
- ❖ **Goes back and tries again** – Nobody likes going back to a difficult task and risking more disappointment or failure. If you child continues to work at a skill, project or school subject every day, despite doing poorly, that is resilience! It means your child is not afraid to keep trying, even if the result is not great.

Excerpted from: https://www.understood.org/en/friends-feelings/empowering-your-child/6-signs-your-child-is-resilient?utm_medium=email&utm_source=newsletter-en&utm_campaign=evergreen-jan21-fm&utm_content=send