

# Caring for you, locally

## 5. Confidence

Your child's belief in his or her own abilities comes from their competence. Build confidence by:

- Focusing on the best in your child so that he or she can see that as well!
- Clearly stating their best qualities, such as fairness, honesty, trying hard and kindness
- Praising honestly when they do well; not over giving praise that may not seem true
- Not pushing the child to take on more than he or she can realistically handle

## 6. Connection

Developing close ties to family and community creates a solid sense of security that helps lead to a strong sense of belonging, and prevents other unhelpful paths to love and attention. You can help your child connect with others by:

- Building a sense of being safe and feeling loved
- Allowing the showing of all emotions, so that your child will feel comfortable reaching out during difficult times
- Dealing with arguments or disagreements openly in the family to resolve problems
- Creating a common area where the family can share time (not necessarily TV time)
- Encouraging healthy relationships that will support positive messages

## 7. Character

Children need to develop a solid set of morals and values so they know right from wrong, and to demonstrate a caring attitude toward others. To strengthen your child's character start by:

- Demonstrating how their behaviour affects others
- Helping your child recognise himself or herself as a caring person
- Demonstrating the importance of community
- Avoiding racist or hateful statements or stereotypes

### Finally.....

Children need to know that there is an adult in their life who believes in them and loves them no matter what.

Your child will live "up" or "down" to your expectations.

### How to make a referral into your School Nursing Team

Please follow this link (the referral form is located at the bottom of the page):  
[www.locala.org.uk/your-healthcare/school-nursing](http://www.locala.org.uk/your-healthcare/school-nursing)

You can also find us on Facebook:  
[www.facebook.com/LocalaSchoolNurses](https://www.facebook.com/LocalaSchoolNurses)

Content adapted from an article in the Healthy child magazine.org updated May 2015

[www.locala.org.uk](http://www.locala.org.uk)



## Building Resilience A guide for parents and carers



**Locala**  
Community Partnerships

Contact details for your  
School Nurse Team:

North Kirklees 0303309820  
South Kirklees 0303309974

## What is resilience?

It's being able to cope with change and challenge and being able to bounce back during difficult times

## Is it possible to protect our children from the ups and downs of life?

Despite our best efforts, we can't prevent life's difficulties and daily challenges.

## In today's environment, children need to:

- Develop strengths
- Learn the skills to cope
- Recover from setbacks
- Be prepared for future challenges

**They need to be resilient in order to succeed in life!**



**However, resilience is not simple.**

## Here are the 7 C's of resilience

### 1. Contribution



Children need to realise that the world is a better place because they are in it. Giving and being kind gives us purpose and motivates us to give more.

Teach your children how to contribute by:

- Communicating to children that many people in the world do not have what they need
- Talking about the importance of being kind and helpful to others
- Making opportunities for your child to contribute in some specific way

### 2. Competence

Competence is the ability to handle a task or situation well. We can help our children develop competence by:

- Helping them focus on their strengths
- Helping them to make decisions
- Recognising the competencies of other brothers and sisters individually and avoiding comparisons

nb. Be careful that your desire to protect and help them doesn't mistakenly send a message that you don't think he or she is able to handle things

### 3. Coping

Learning to cope effectively with stress will help your child be better prepared to overcome life's challenges.

Positive coping lessons include:

- Showing positive coping methods on a consistent basis
- Guiding your child to develop positive and effective coping methods
- Realising that telling him or her to stop the behaviour will not be effective

### 4. Control

Children who realise that they can control the outcomes of their decisions are more likely to realise that they have the ability to bounce back. Your child's understanding that he or she can make a difference further promotes competence and confidence. You can try to empower your child by:

- Helping your child to understand things just don't happen by chance and are often the result of their own or another individual's choices and actions
- Learning that discipline is about teaching, not punishing or controlling