

4 Everyday Tips To Build Resilience in Your Child

We all want our children to be adaptable to life's challenges. Use these tips to start practicing resilience skills from a very young age.

- **Keep a solid routine.** Consistency is comforting for children. Set specific times for homework, meals and free play.
- **Demonstrate self-care.** Show the value of eating right, exercising and getting enough sleep.
- **Set goals together.** Try learning a new instrument or skill together as a family.
- **Prepare them for changes.** Talk openly about things like new schools, relocation or new siblings even if they are a long way out.



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