YOU CAN DO IT, PROGRAM ACHIEVE

PRACTICAL THINGS YOU CAN DO TO HELP YOUR CHILD BECOME RESILIENT (CALM, DOWN WHEN EXTREMELY UPSET)

• Accept that it is normal and healthy for your child to experience negative emotions.

• Provide your child with words to describe his/her own feelings as well as your own feelings (I see you are feeling……., I am …….that you did…..)

• Teach your child to say to themselves “calm down” and take three breaths before doing something he/she finds frightening or when he/she is angry or upset

• Discuss with your child the importance of finding an adult to talk to when he/she has bad feelings. This could be a parent or a teacher

• Teach your child to think of all the positives when he or she gets upset or angry (especially when a friend calls them a name.)

• Explain that if they are excluded from a game by a group of people they can find something fun to do with others. (The situation is never too bad, that it can’t be resolved.)