

9 Tips for Building Resilience in Kids

1. Teach them about self-care. How does healthy eating, frequent brushing and flossing, exercise, lots of water, and good sleep help to make them more resilient? What can they do that will help them to relax?
2. Build and maintain a daily routine. This gives kids structure and a sense of safety. As they grow, encourage them to develop their own routines.
3. Help your child make connections with others. This teaches them to develop empathy for others and to grow their support network.
4. Help your child set and [work towards goals](#).
5. Build up your child's self-esteem and self-efficacy by reminding them how they've overcome obstacles before. Help them to make the connections between their past achievements and their potential to be successful in the future.
6. Look for and encourage opportunities for self-discovery. This article has some great ideas for [promoting self-discovery](#).
7. Model taking a break, rather than stewing on what's worrying you. Teach kids how to take a break and practice refocusing before starting up their task again.
8. Normalize life's challenges. It can help if kids appreciate that everyone goes through challenges and that for the most part, they come out the other end!
9. Encourage your kids to help others. This can help them develop a sense of empowerment and accomplishment.

[It's never too late to start a new tradition](#)

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