TIPS TO BUILD EMOTIONAL RESILIENCE IN KIDS

1. Spend quality time with kids. When they feel loved and supported, children develop emotional strength.

2. Instead of rushing to solve problems, give kids time to work things out themselves.

3. Acknowledge your own mistakes to teach kids that mistakes are essential for learning and growth.

4. If your child can’t find a solution to a problem, use gentle questioning to guide them towards it.

5. Talk about feelings so your child learns to share their worries and fears with people they trust.

6. When children experience failure or disappointment, it’s important to praise their effort and encourage them to try again.

Ensure kids are eating well and getting enough sleep and exercise.