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Caningeraba State School is a **KIDSMATTER** school. We are focussed on growing happy, healthy, confident children together with the local community.

Rubber band kids: KidsMatter and resilience

As we delve deeper into the school year and Term 1 starts to draw to a close there may be times when students are emotionally exhausted and will need to rely on their personal strength to positively deal with challenging situations. Therefore, it is important that students are equipped with the inner strength and the strategies needed to do so. As adults how do we ensure that our children are equipped with these skills that enable them to 'bounce back'?

What is Resilience?

Resilience refers to a child's ability to overcome or bounce back from something that they find challenging, including events or situations that seem relatively minor to others.

How do children develop resilience?

A number of factors can impact on a child's ability to build resilience. Being resilient is a strength that lies within a child's individual make-up. As adults, how do we support and foster this strength in our young people? Drawing on support from their environment greatly influences a child's ability to build resilience. Therefore, enjoying a positive relationship with family, having a diverse range of friendships and feeling a sense of belonging within a school community are essential for a child's resilience. Having these protective factors enable a child to be buffered against certain risk factors. Having high but

achievable expectations of students, combined with providing the support they need to meet these expectations, means that students come to view themselves as competent and capable, which supports the development of resilience. Finally, the sense of belonging, positive relationships and positive self-esteem that come about when children are encouraged to participate and be active contributors in their school community helps them to build resilience.

You'll be right! Suck it up! Get over it!

Are we sending the right message to children when we tell them to be resilient?

As adults, we need to balance our desire for resilience with cautiousness about the messages we may be sending children in the process. Resilience is an attractive idea for parents or anyone working with children. It gives them a sense of security knowing that a child has the capabilities to deal with hardships. However, children still need to express the range of emotions that come with 'growing up'. It's very important that these emotions are validated by adults. It's ok to feel sad or angry when something bad happens. Children should not feel as though they need to suppress these emotions. Children will be more resilient when they get the support they need from adults. By helping to develop resilience in children we are ensuring that they will have good mental outcomes regardless of their background and experiences in life.

Visit the Kids Matter website <https://www.kidsmatter.edu.au/>



References

1. Bernard. B. (1993). Fostering resilience in kids. Educational Leadership. 51131, 44-48.

2. Luthar, S. S., Cicchetti, D., & Becker, B. (2000). The construct of resilience: A critical evaluation and guidelines for future work. *Child Development*, 71(3), 543-562.
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