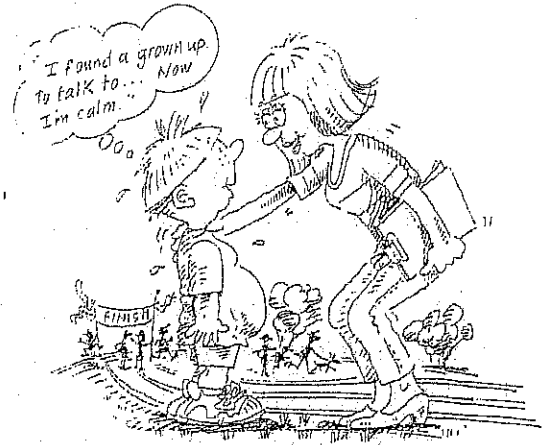


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## YCDI Parent Reference Guide: Emotional Resilience

### Definition of Emotional Resilience:

Young children who are Emotionally Resilient can calm down soon after being extremely upset (down, worried, angry) without needing the immediate help of an adult. They can also control their behaviour (not fighting, returning to work or play within a reasonable time) when they become extremely upset.



### Examples of Emotional Resilient Behaviour in Your Child:

- ☺ Stays calm and does not fight with a friend who will not share his/her toys
- ☺ Stays calm and does not fight when someone says something mean to him/her
- ☺ Stays calm and does not fight when a sibling pushes him/her
- ☺ Stays calm and does not worry when something is hard to do
- ☺ Calms down within a reasonable period of time when someone acts unfairly toward him/her
- ☺ Stays calm and does not worry too much when waiting to be collected by his/her parent/carer
- ☺ Does not appear overly worried if he/she does not understand how to play a new game at a friend's house
- ☺ Does not appear extremely worried when parent asks him/her to talk to another adult he or she does not know.

### Ways to Praise Your Child for Emotionally Resilient Behaviour:

- ☺ "I can see that even though you are a bit nervous, you are going to try to do it anyway."
- ☺ "Even though you are finding this hard, you are not getting too sad about it."
- ☺ "I can see you are choosing not to get into a fight."
- ☺ "Good for you. You didn't let yourself get too angry."
- ☺ "You've learned how not to get too worried."
- ☺ "You see, you can get through something that seems scary."
- ☺ "Even though you didn't know how to play that new game, you didn't worry and kept on trying."

### Teach Your Child the Following Types of Thinking (Self-Talk):

- ☺ When I am upset, it is good to find someone to talk to.
- ☺ When I am upset, it is good to find something fun to do.
- ☺ When I am upset, it is good to think "calm down" and to take three big breaths.