



How to raise resilient children....

We all want our children to be resilient. After all, life presents us with numerous, varied, challenges and we want our children to be prepared and able to deal with them in the best way possible.

So....

- Let them face challenges
- Keep them active and moving every day
- Teach them to understand and handle emotions
- Give them responsibilities to build independence
- Listen to them and talk openly
- Show them how to stay strong through tough times
- Help them solve problems on their own
- Encourage kindness and empathy towards others
- Set clear rules, but stay loving
- Let them know that you're always there for them

TOP TIP!

Let your child flex their muscles

It's so helpful for children to learn that they can do things on their own. Overprotecting them won't help. Remember that a tolerable amount of stress is actually beneficial.



<https://parentingsmart.place2be.org.uk/>



Head to the website to find a short film on building resilience. There are lots of other short reads and videos on a whole range of other useful topics too!

▲ Why it matters

Resilience is the ability to do well despite challenges in life. It helps us adapt successfully and bounce back from adversity, failure, conflict and disappointment.

When faced with challenges and difficulties, resilient children still experience anger, grief and pain. But they can function and recover.

Resilient children also tend to persist in the face of a difficult task, know when to ask for help and are more able to tolerate failure. They can be confident in their own lovability and value too, which helps with good self-esteem.

Resilience is the result of a complicated interaction between nature, nurture and events. It's influenced by what the child is born with, what they grow up with, and what happens to them.

▲ Why it can be difficult

As caregivers, we play an important role in promoting resilience in our children. Our instinct is to support and protect, but no-one can escape stress, risks, adversities, and other challenges; they are part of being alive. In fact, a tolerable amount of all those things can help children develop resilience.

It's hard to see our children face big challenges. But many will experience things like parental separation, bereavement, bullying and failures. These challenges can affect their mental health and development, but resilient children can do well as they face them.

Social media for primary aged children

With the recent drama *Adolescence* sparking national conversations about teenagers and tech, many parents are reflecting on their own family's relationship with social media.

How do we protect our children from potential harms - without cutting them off from their digital world?

The Parenting Smart Team at Place2Be have put together lots of useful information about what's safe, what's not, and how to set age-appropriate boundaries - with tips to help your younger children enjoy the digital world safely.

Safe social media for primary aged children

- Here are some things to try to help ensure social media plays a healthy role in your child's life

Things you can try

- 1. Start by understanding what's good and bad about social media and the role it plays in your child's life**
 - ▼ [Social media and young children](#)
- 2. Encourage them to go on appropriate social media platforms in busy parts of your home so you can check in and chat with them about what they are up to**
 - ▼ [Social media dangers](#)
- 3. Look at age-appropriate social media platforms together**

Let them show you where they want to go, what they want to use and who they want to connect with. You may learn something.

 - ▼ [Safety tips for parents](#)
- 4. Talk about how to have fun and be safe at the same time**

They may already know more about this than you think.

 - ▼ [List of key safety points to cover with your child](#)



<https://parentingsmart.place2be.org.uk/article/safe-social-media-for-primary-aged-children>

- 5. Talk to your child about how they might feel when they see certain things on social media**

Children now often understand the term 'fake news', and this is a good way to explain it. You may want to start a conversation with your own example. For instance, 'when you see some images on social media does it make you think other people have better lives?'. Then remind your child that what they see are just bits, and probably the best bits of people's lives.

 - ▼ [Social media and feelings](#)
- 6. Make sure that online activity is in addition to, not instead of, real life connections**

Build screen time around family activities, not the other way round. Many people find that children like to share their online time with adults they trust.

 - ▼ [Get the balance right between online and offline relationships](#)
- 7. Be a good example and keep to the rules you set your child.**

For instance, avoid using a device when a child isn't allowed to and make time to listen and pay attention to your child without a phone in your hand. Children frequently complain that the adults in their life are spending too much time online, being distracted and ignoring them.

 - ▼ [Helpful rules to set](#)

Head to the website for more information:

<https://parentingsmart.place2be.org.uk/>

Friendships

How to encourage your child to solve problems and navigate friendships....

Stop and listen before stepping in.

It's completely understandable to want to protect your child. But try not to jump in too quickly to fix things for them.

Reassure them that it's natural for friends to fall out sometimes. Let your child know that being friends doesn't always mean agreeing or getting along with others all the time.

Help your child move past the anger and hurt.

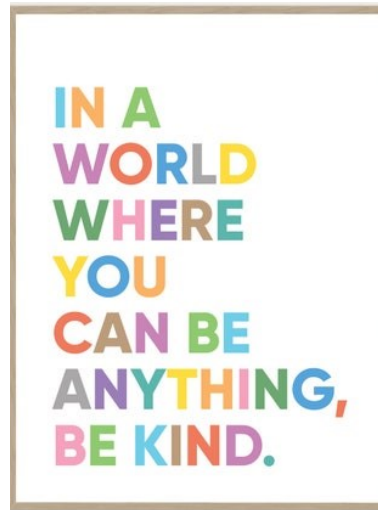
It's important to help our children learn how to make up again. Listen to your child and show you understand how they're feeling by helping them name their emotions.

Help them grow confidence in their friendship skills. Friendship difficulties can happen for different reasons. Your child might be shy or like to take control or lack confidence with friends. You can help. Talk to them about what makes a good friend, and practice friendship skills such as listening, sharing, compromising, and negotiating. Sit together and explore examples in everyday life, and from TV and books. This will help your child think about what makes a good friend and feel less worried about friendship issues.

Why learning to resolve conflict is important:

All relationships involve conflict and it's important that children to learn how to deal with it. Being able to form positive peer relationships is key to their emotional wellbeing.

Support them as they learn to express their needs without attacking the other person. Encourage them to say, "I don't like it when you leave me out of the game" instead of, "You're mean!"



Before you speak: THINK
Is it True?
Is it Helpful?
Is it Inspiring?
Is it Necessary?
Is it Kind?

Back to Basics AND 'MOLE' Half Term Challenge!



Being active helps our physical health but also our mental health too!

Did you know that children and young people aged 5 to 18 should aim for an average of at least 60 minutes of moderate or vigorous intensity physical activity a day?

The children will be bringing home their half term challenge sheet—this time it's all about being active. Please encourage them to take part!

Reminder:

Helpful upcoming events for parents and carers.

Here are some useful events! There is more information on the Hampshire CAMHS website: <https://hampshirecamhs.nhs.uk/events/>

**Hampshire CAMHS
Information & Advice Sessions
in Winchester – June 2025**

YOUNG PERSON'S MENTAL
HEALTH

This is a free opportunity for parents/carers, professionals or young people to come and chat to our CAMHS clinicians, ask questions, get advice and resources.



**A training day for Parents and
Carers in the New Forest**

A one-day event focused on parents and carers understanding their own needs and learning strategies to look after themselves as they support a young person with their own mental health needs. The sessions will include looking at values, goals and strengths.



**P.A.C.E. (Parent and Carer
Events) – New
Forest/Lyndhurst**

A free event **FOR PARENTS AND CARERS** to help families better understand the needs and difficulties that young people can face and how to manage potential issues/concerns they have about their young person.

