

Raising resilient children



Lumen Learning Trust
Learning together for a brighter future

VIRTUAL PARENT SESSIONS

Do

Respect confidentiality.

Respect others' points of view.

Listen to each other.

Please mute your device.

Please ask questions or add comments via the chat icon.

Contact HSLW at your child's school for more support following the sessions.

Don't

Record the sessions.

Interrupt.

Share personal information that has been shared within this session with others.

Being Mum or Dad can be hard work, but it is hugely rewarding. Here are some tips on developing a strong relationship with your child that makes them feel loved, secure and resilient.

Recognise your child is unique

Every child has a unique personality and abilities. One child's likes and dislikes may be totally different to another's and what worked with one child may not work with another. Your child needs to know that you love them just the way they are and that they are special.

Build their self-esteem

Make your child feel good about themselves through saying and doing kind and positive things, for example, tell them how important they are to you, tell them they have a good sense of humour or a fantastic smile.

Praise and encourage them

Encourage your children when they have done well. Pick out specific behaviours and achievements to praise and tell them that you are proud of them. Children also love to 'overhear' you praising them to other people.

Give them a sense of belonging

Children want to feel they belong and that they are part of the family. Family traditions such as celebrating birthdays, playing games together or going on a hike are great ways to create lasting memories and build a strong sense of belonging.

Give them time and attention

Attending quickly and caringly to the physical needs of young children makes them feel happy and secure but also give each of your older children individual time when they have your full attention and you can catch up on their news.

Have fun with them

Playing with your child and having fun together will deepen your relationship. Let them help you with chores and make time to read with them, even when they can read for themselves, as this will give you a special shared experience.

Listen to them

If your child feels you are listening to them when they are younger they are more likely to keep talking to you when they are older! Stop what you are doing so they have your full attention and if your child is small get down to their level. Be aware that some children may find it easier to talk while you are doing an activity together.

Let them grow

As they grow, help your child to learn to take responsibility for their own actions. Where appropriate, give them choices about decisions that affect them and help them to understand the consequences of their choices. Make sure they know it is OK to make mistakes, otherwise they could be scared of trying anything new.

And Finally

Tell them you love them... as often as you can!

Information from www.careforthefamily.org.uk

Thank you for joining us today, I hope you found some of the information helpful. If you would like to speak to any of our team about raising resilient children please contact your Home School Link Worker:

- ▶ Shelly Lumb: Saxon School, 07825 742564
- ▶ Jane Hughes: Riverbridge School, Knowle Green (KGB), 07766385113
- ▶ Lyn Lenton Clark: Riverbridge School, Park Avenue (PAB), 07825742508
- ▶ Emma Sutton: Echelford School, 07760 288532
- ▶ Nikki Edwards: Darley Dene School, 07387 700236
- ▶ Kate Hobleby: Walton Oak School, 07938 645949