

Psych to Thrive

Schools and families share a common goal: ensuring student success.

Psychology staff at Dufferin-Peel work together with schools and families to promote student achievement, mental health and well-being. Our new **PSYCH 5 TO THRIVE** initiative offers 5 strategies to help students thrive at school and at home.

Each one called by name (Isaiah 43:1)

Resilience Skills

Children and teens face challenges every day. When children are **resilient** they **bounce back** from disappointments or unexpected events. When new challenges arise, they come up with solutions and feel confident implementing them. Here are 5 strategies for building resilience in children.

The good news is that resilience skills can be learned.



Problem-solve: Give your child opportunities to problem-solve—at home, at school, and in the community. Working through problems helps to boost confidence in strengths and abilities.



Make plans together: Help your child set reasonable goals and a plan for meeting them. Moving toward those goals—even in tiny steps—should be rewarded rather than focusing on what hasn't been done.



Encourage new experiences: Enjoy new adventures with your child. Being out of one's comfort zone—perhaps exploring a new library or grocery store—is great preparation for adjusting to situations that are new and different.



Be a role model: When you face challenges with a calm demeanor, talking through potential solutions, you are a resilient role model for your child!



Let your children make mistakes. Mistakes help all of us learn, so let your child make them! Failing a test after not studying can be a tough but valuable lesson—and your child will probably try a more effective strategy next time.

Change is a part of living and change is often scary for children and teens. Help your child see that change is part of life and that new goals can replace old goals. Help your child understand the meaning of change, by helping them to see how they have changed and grown.

For further information, contact the current psychoeducational consultant, Jessica Pereira at your child's school or Dr. Debra Lean, Chief Psychologist, at (905) 890-0708, Ext. 24330.

