

## **How can parents build resilience in their children?**

### **Opportunity #4: Building Adult Connection**

**Developing high levels of adult support assists your child to feel safe in a warm and supportive family, where at least one adult or caring parent loves and cares for you and listens to them. Other adults, the extended family, neighbours, and teachers can assist by intentionally strengthening relationships between young people and themselves.**

#### **How parents can build adult connection for their children:**

- Ensure family life provides high levels of love and support
- Establish a climate where your child experiences positive family communication with you
- Encourage your child to seek advice from you by being supportive
- Foster other adult relationships: from other family members, friends and neighbours
- Express how other adults care for young people when you see or read of examples
- Be involved in their schooling. For example, take a role in helping at school events
- Model good manners and dignity by saying Hello! Thankyou! Excuse me! Could you please...?
- Be available to listen to listen sympathetically to your child's concerns
- Express love, care and support
- Talk about their hobbies, interests, out of school interests and friends
- Show interest in your child's homework. Develop study skills sessions where you work together
- Foster conversations with adults from the wider community
- Create opportunities for service learning where you work together in the wider community
- Introduce your child to 'Local Heroes'. For example, meet people in the local community who have shown they are resilient.