

Resilient Kids

with Clinical Psychologist, Lisa Ford

Children learn best through experience not information.

- Go in with curiosity, not knowledge!
- Childhood is supposed to be messy & filled with 'daisy' problems
- It's ok to not be happy all the time. Emotions should not be feared.
- Encourage them to own their problems (support them but don't take over)
- Let them have a go, even if the outcome isn't perfect. (True learning)
- EMPOWER them to create change in their own lives (building self control)



SLOW DOWN!
A simple childhood
with focus on the
basics

Connection as the
foundation then:
SPACE to
EXPLORE

Have FUN &
Show gratitude
for the simple things.

Having your own
needs met is vital to
calm parenting



Your reactions are
powerful in how they
recover & grow

Free play, outside play & risky play!

Manage the risk to be **reasonable**
Support them to reflect & plan for next time.
Healthy relationship with risk = better spatial awareness, less accident prone, less reliant on others.
Builds Executive function skills & RESILIENCE

Independence (requires TRUST)

Your role: SUPPORT not fix.
Pause before jumping in.

