

# What do Children Need to Succeed?

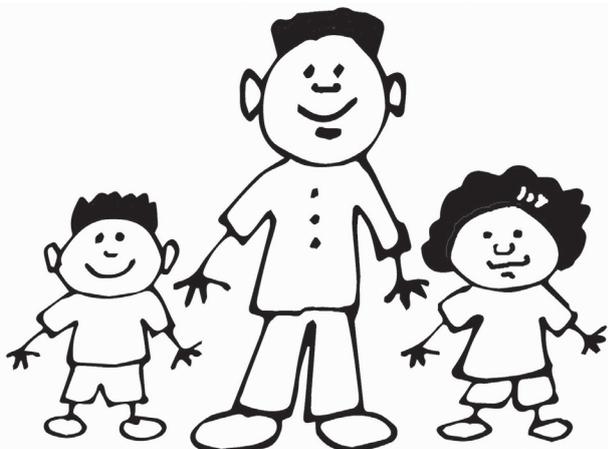
## Tips for Building Resiliency in Young Children

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Many young children face stressful living situations. The adversity that can stem from challenges such as poverty, parental conflict, illness and unstable housing can create behavioral problems and place a child at risk of poor academic performance. However, children faced with these risks and adversities can and do succeed when certain factors are present to help promote a child's resiliency (protective factors). This tip sheet explores ways parents can build protective factors into children's lives to help them thrive and better equip them to successfully handle future adversity.

### Protective factors in the home:

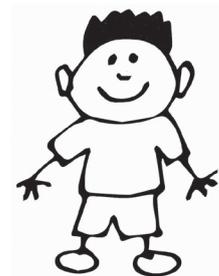
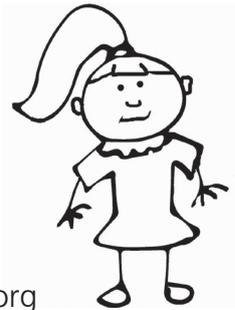
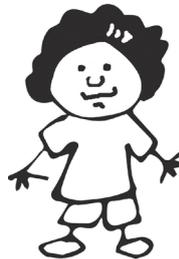
- *Attachments to at least one family member who engages in proactive, healthy behaviors*
- *Warm, structured, and positive discipline*
- *Household rules & structure / Parental monitoring*
- *Providing safe places for exploration and privacy*
- *Support from extended family*
- *Opportunity for children to contribute to the family goals*
- *Active listening and talking to children*
- *Extended family support*
- *Responding to and accepting children's behavior*
- *Family members who show respect for other relatives and adults*
- *Family quality time with each other*
- *Caring adults outside the family who can serve as role models or mentors*
- *Teaching children effective and appropriate problem-solving skills*



# How Parents Can Build Resiliency in Children *(continued)*

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- Communicate with your child by discussing, sharing, and reporting on the day's events, ideas, observations, and feelings
- Provide unconditional love and express love both physically and verbally
- Enforce rules and use forms of discipline that do not belittle, harm, or reject the child
- Model behavior that you would like to see in the child
- Use natural consequences to help your child accept responsibility for his or her behavior
- Offer explanations and reconciliation along with rules and discipline
- Accept mistakes and failures while providing guidance toward improvement
- Nurture a positive self-view by discussing how successfully handling a hardship will help with future challenges
- Encourage your child to try and do things on his or her own
- Work with your child on setting goals and move towards them, one step at a time
- Empower your child by encouraging him or her to help others
- Help your child to develop empathy by helping identify his or her own feelings as well as those of others



## For more information on resilience:

- Zero to Three: [www.zerotothree.org](http://www.zerotothree.org)
- Center for Disease Control: [www.cdc.gov](http://www.cdc.gov)
- American Academy of Pediatrics: [www.aap.org](http://www.aap.org)
- Child Welfare Information Gateway: [www.childwelfare.gov](http://www.childwelfare.gov)
- The National Child Traumatic Stress Network: [www.nctsn.org](http://www.nctsn.org)
- Center on the Developing Child, Harvard University: [www.developingchild.harvard.edu](http://www.developingchild.harvard.edu)

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