



Resilience

Tips for Caregivers Handout

- **Develop a secure caregiving bond with your child.**
- **Help your child learn how to express both positive and negative emotions in appropriate ways.**
- **Teach your child how to stop and choose actions that are appropriate and helpful to a situation.**
- **Teach your child how to look at a problem and correctly determine the cause.**
- **Guide your child to work through problems and work towards a positive outcome.**
- **Help your child to recognize and understand his own feelings.**
- **Give your child choices that will allow him to feel that he has some control over what is happening.**
- **Help your child to look at mistakes as a learning opportunity.**
- **Teach your child that it is okay to reach out and ask for help when he needs it.**