# Helping Young Children Develop Resiliency and Cope with Stress

## What is resiliency?

**Resiliency is the ability to cope with stressful situations, changes, or problems. Resilient children use the skills that they developed from past experiences to cope better with new situations as they arise. They are better able to adapt and learn new coping skills that they can use in the future.**

saskatchewan
**preventioninstitute**
our goal is **healthy** children

1319 Colony Street, Saskatoon, SK S7N 2Z1
Bus. 306.651.4300 Fax. 306.651.4301
**www.skprevention.ca**

**Why is resilience important?**

Resilience helps people deal with stress, change, and difficult situations, which all people experience in their lives. Caregivers can help children learn skills to deal with stress and increase resilience. These skills can be taught at a very young age and will continue to develop throughout life.

## How can caregivers help young children develop resiliency?

- Love your child no matter what they say or how they behave (unconditional love)
- Tell your child that you love them often
- Show love through hugs, cuddles, and special one-on-one time
- Provide a safe and consistent home environment
- Model confidence, flexibility, courage, and optimism
- Praise your child – be specific about what you are praising and why
- Acknowledge and label your child's feelings
- Encourage safe exploration and independence
- Reinforce rules in a calm and kind way
- Comfort and encourage your child during stressful situations
- Use holding, rocking, and a soothing voice to calm your child
- Allow your child to develop close, safe relationships with other adults and children

**Things you can teach your child:**

- Encourage them to express their feelings
- Help them recognize other people's feelings
- Support them in taking responsibility for their own behaviour
- Teach them calming strategies for difficult situations
- Encourage them to use problem-solving skills and decision-making skills

saskatchewan
preventioninstitute
our goal is healthy children

RESOURCE 8-601 Rev. 09/2025

The Saskatchewan Prevention Institute provides services to all those living on Treaty Lands 2, 4, 5, 6, 8, and 10, the ancestral territories of the Nêhinawak, Nêhithawak, Nêhiyawak, Anishinabek, Nakeway, Dakota, Lakota, Nakota, Dene, and the homeland of the Métis. We recognize that these lands are currently inhabited by Indigenous people from across Turtle Island including many other First Nations and Inuit peoples and acknowledge the importance of the treaties, the lasting impacts of colonization, and continued inequities. We are dedicated to moving forward on a shared path of reconciliation and partnership. We are all Treaty people and are grateful to live, work, and play on this land.