

PARENT INFORMATION 5

The Map 4 Resilience

The Emotional Highway can be a bumpy road for children and their parents. Children need to learn TOOLS as they go along to cope with the BUMPS and HAZARDS that will naturally occur

When children encounter difficult situations in their lives – and it is the rare child who has the perfect existence – the hope is that it's a learning experience that will help them to build resilience. It is easy to think of adversity being damaging, but the research tells us that when children weather the storms of life, they do become emotionally more resilient. Of course, there are extreme situations, but those are not what is being considered here. Rather, the normal psychological bumps and bruises of life in the playground, classroom and the many others they experience, so that they can overcome and develop their coping TOOLS and strategies.

Your child has added many TOOLS to their Emotional Highway Toolbox - The Triple B's 4 What's My Mood and The Triple B's 4 Calming Down, Supa Thinking, Calming Down Breathing and Mood Mapping. Another TOOL is their Pitstop People. Part of your child's journey towards being able to emotionally self-regulate is having support from others along the way. Pitstop People are those your child trusts and who can help them to use one of their TOOLS to build their resilience. Who are your child's Pitstop People?

Another TOOL is The Map 4 Resilience. Mapping the journey towards resilience is important so that children have a clear idea of where their Highway is leading and what to do when they encounter a challenge or a difficulty. On the following page is The Map 4 Resilience that your child has used to work through a problem. You might like to use this when your child is experiencing a big emotion, or having difficulty managing their mood, or some other challenging circumstance. You will find that once your child has had the time to think about and plot out their TOOLS, they will be on the way to creating their own solution to the problem.

The good news is, that while this might take time and effort in the early stages, the more your child - and you - use this system, the easier and more automatic it will become. And this is a skill that will follow them into their adult life.

Finally, in the primary school years, as your child travels on The Emotional Highway there can be many moments of being a Highway HERO. Equally, there can be many BUMPS and HAZARDS that require the use of HIGHWAY TOOLS to navigate past them. The more TOOLS your child has in their HIGHWAY TOOLBOX, the greater their chances of becoming a happy, successful and resilient...HIGHWAY HERO.

