

PARENT INFORMATION 5

The Map 4 Resilience

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

When children encounter difficult situations in their lives – and it is the rare child who has the perfect existence – the hope is that it is a learning experience that will help a child to build their 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 aren't what is being considered here. Rather, the normal psychological BUMPS and bruises of life in the playground, in the classroom and the many other environments that children find themselves in – so that they can overcome and develop their coping TOOLS and strategies.

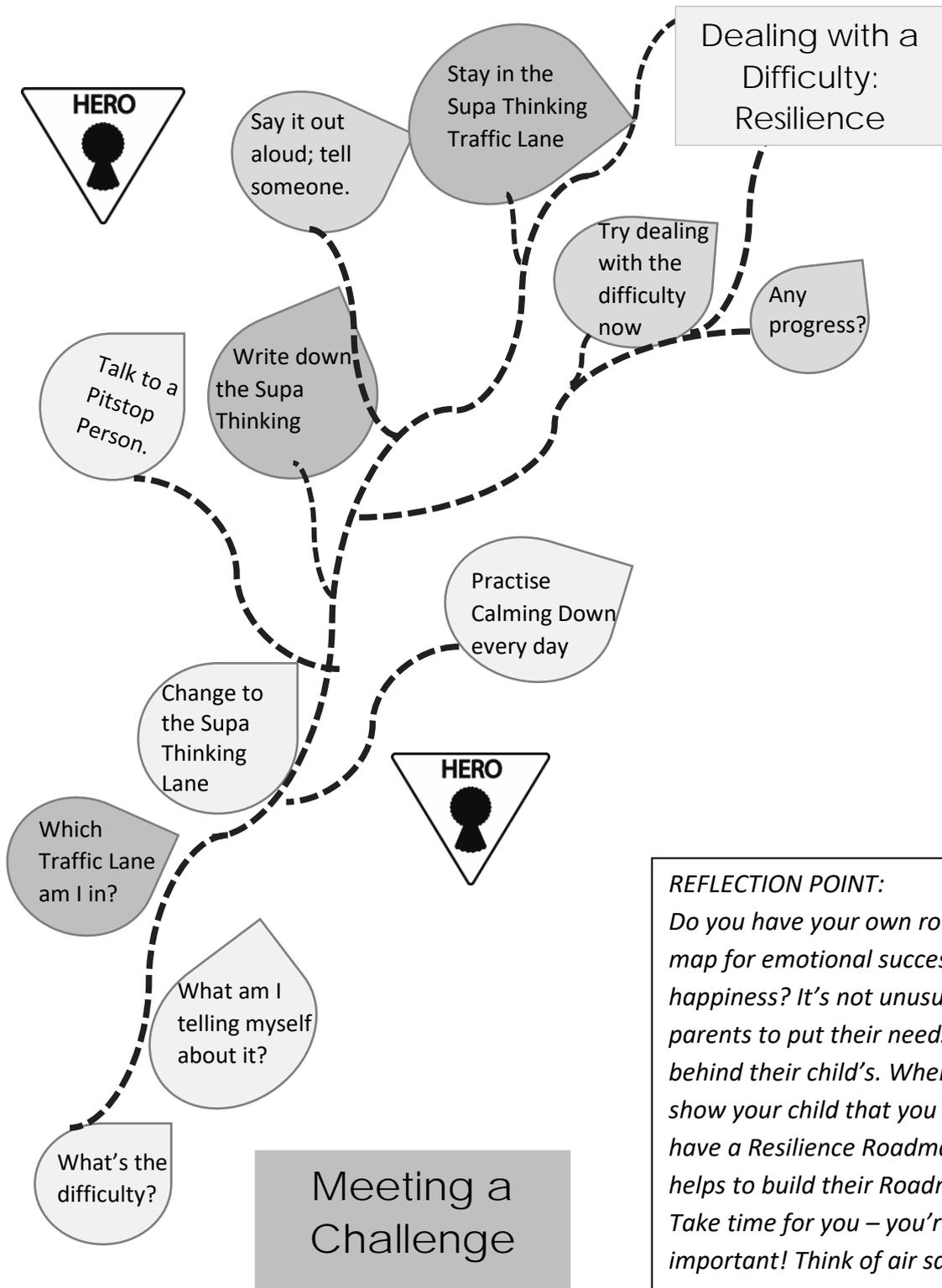
Your child has added lots of TOOLS to their Emotional Highway Toolbox - The Triple B's 4 What's My Mood and The Triple B's 4 Calming Down, Supa Thinking, Calming Down Breathing and Mood Mapping. Another TOOL is their 'Pitstop People.' Part of your child's journey towards being able to emotionally self-regulate is having support people to help them along the way. Pitstop People are those that your child trusts and who can help your child 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 for all children so that they have a clear idea of where their Highway is taking them, and what to do when they encounter a challenge or a difficulty. The Map 4 Resilience that your child has used to work through a problem is on the following page. 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. Frequently, once your child has had the time to think about and plot out their TOOLS, they will be well 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 you and your child use this system, the easier and more automatic it becomes, and it's 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 good Highway TOOLS to navigate past them. The more TOOLS your child has in their Highway TOOLBOX the greater their chances of being a happy, successful and resilient...HIGHWAY HERO.

The Map 4 Resilience



REFLECTION POINT:
Do you have your own road map for emotional success and happiness? It's not unusual for parents to put their needs behind their child's. When you show your child that you also have a Resilience Roadmap, it helps to build their Roadmap. Take time for you – you're important! Think of air safety: you're instructed to put on your own oxygen mask in the plane before helping those around you. It's exactly the same in parenting.