



# Supporting Your Child in Overcoming Challenges



While facing setbacks can be difficult, remind your child that experiencing difficulties and challenges are opportunities for them to learn and grow.



## Tips

**1** Provide your child with opportunities to make decisions, solve problems, discover their strengths and build self-confidence.

**2** Guide your child to break challenges into smaller chunks, and come up with steps they can take to address these challenges.

**3** When discussing the challenges that your child is facing in their lives, build their resilience by:

- Acknowledging what they are feeling about their challenges;
- Guiding them to think about ways to use their strengths to overcome challenges;
- Encouraging them to reflect on their current strengths and uncover new ones.

**4** Share stories where you or others overcame and grew from past challenges.

## Sample Conversations



**1** I heard that the kids' gym has a new obstacle course. Shall we go there this Saturday?

I don't know. I'm scared that I will fall like I did at the playground today.



I know it can be scary to try something new, but I will be with you the whole time. **2** Do you remember what Coach Jenny taught you about stopping yourself from falling when you first started gymnastics?

She said I should hold onto the hand rails and look straight ahead.



**2** Try that. **3** What else do you think will help?

Actually, I've been practising my balance during gymnastics, so I just have to stay calm and focused.



**4** That sounds like a good plan. You know, I get scared when I try new things too. There was once I tried a rope obstacle course and I fell. It was painful, but I kept trying and I eventually mastered it.





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Guide your child to apply the “**I Am, I Can, I Have**” framework to overcome their challenges. “I Am” and “I Can” refer to their internal strengths. “I Have” refers to their external strengths.

By using the conversation starters below, you can help your child develop their resilience.



*Descriptor*

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*Resilience-Building Conversations*

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*Possible Resilience-Building Responses*

## Internal Strengths

### I Am

The beliefs about myself and how I perceive the situation that I am in

What beliefs had helped you overcome past challenges?

What did you tell yourself while you were overcoming past struggles?

- **Hope/Positive outlook:** I am hopeful for the future.
- **Growth mindset:** I am learning from my mistakes.
- **Self-esteem:** I am someone of worth, that people like and love.

### I Can

The skills and strategies I can use to work through the situation that I am in

What strategies or skills did you use to resolve past problems?

What did you do to overcome past struggles?

- **Problem-solving:** I can find ways to solve problems that I face.
- **Help-seeking:** I can find someone to talk to about things that frighten or bother me, or that I cannot solve on my own.
- **Emotional regulation/coping:** I can find healthy ways to manage or cope with what I am feeling.

## External Strengths

### I Have

The trusted adults and peers around me who can help me overcome the situation that I am in

Who did you turn to for help when you were struggling?

How did you tap into your resources (e.g. teachers, school counsellors and friends) for help, support and encouragement?

- **Support:** I have people who encourage me when I am going through a tough time.
- **Belonging:** I have a group of friends that I can trust.
- **Role modelling:** I have people who show me examples of how to do the right things.

