



# Giving Your Child S.P.A.C.E. to Build Resilience



Resilience is not something that you are either born with or not. It is something that everyone can develop and grow. Give your child space to find ways to solve their problems, while remaining available to provide help if and when they reach out. This will help your child see their family as a safe and reliable source of support.

Give your child **S.P.A.C.E.** by trying the following tips:

## Tips

### 1 Support

- Let your child know that you are there for them
- Be willing to listen to your child

### 2 Problem-solve

- Guide your child in solving problems together

### 3 Affirm

- Affirm your child's strengths and effort
- Provide your child with words of encouragement

### 4 Cheer

- Cheer your child on for the effort that they make
- Share inspirational stories of how you or others had overcome challenges

### 5 Empower

- Let your child make decisions
- Encourage your child to voice their ideas, and to carry out plans that they have made

## Sample Conversations



3 It's normal to feel nervous when you have to speak in front of so many people. I'm proud of you for trying your best. If this is making you feel down, you can always share that with me. I'll always be here for you. 2 Instead of worrying about what has already happened, let's think of how you can better prepare for future presentations! 1 Is there anything that I can do to help?

1 Can I practise for my next presentation with you as my audience?



Yes, you can! 4 Let's take baby steps towards your goal and learn along the way.

I think I might also want to try preparing a speech, and timing myself to ensure that I keep to the time limit.



5 They both sound like good ideas. Trying different methods is a good way to see what works best for you.