



BEDFORD
BOROUGH COUNCIL



Early Years

Ready family

Ready child

Supporting Resilience





Supporting Resilience:

To help your child to be resilient you can

Support them to have a go.

Encourage your child to have another go, when things do not work out the first time they try something. Praise your child for trying, no matter what the end result might be. You could say “Well done for giving it another go”. Support them when they are faced with a problem. Rather than solve it for them, find out first how it makes them feel. Helping your child to identify their emotions and talk to you about them will build their emotional resilience. Giving them the emotive words always helps, “I can see that you are sad, what is making you feel sad, how can I help you?”. When they start school, they will be expressing how they are feeling and if they need help. Young children may communicate their needs with behaviour rather than words. They need you to remain calm when they are feeling big emotions, but with your guidance, they can learn to withdraw themselves from situations rather than react, but with consistency and support they will learn to become more independent at managing these feelings.

Supporting your child to find another way to overcome something when they perceive they have failed will also build resilience. For example, “your tower keeps falling over, I can see you are upset/frustrated, how can I help you? Do you think it might be the table because it is a little wobbly? Where else can we find a more stable place to build your tower? Let’s find out together”. Helping them to problem solve in age appropriate situations will support them to know how to respond in future situations (try a different way) and be resilient.

As your child’s main caregiver, they will be looking and learning from you and other important people in their lives to know how to respond to challenges, change and setbacks. If your child sees you keep trying, thinking positively when things do not go as planned, and focus on finding solutions - they will learn to do the same.

Attachment:

What is attachment? Attachment is the connection between a child and their parent (caregiver) and it forms the very early stages of life. Newborn babies and young children are vulnerable and they rely on the caring adult to protect them. You can see early signs of attachment when you smiled and your baby smiled looking at you, or when they first imitated your facial expressions. Even though your child has grown, they still rely on you to guide, protect and support them, both physically and emotionally. This is vital for their healthy development.

Your child’s attachment to you provides them with a strong sense of security and the feeling of being safe. You are their secure base. It is from here, they have confidence to go and explore the world around them. They will on occasions need reassurance to come back to you as their safe haven to feel secure, safe and happy once again. As long as they do this and you are responsive to their emotions, praising them for having a go, praising them for asking for help and are available, then their resilience will get stronger over time. That’s why it is really important to give your full attention to them, rather than looking at your phone, when you pick them up from school or nursery.

Time for a change:

Your routines will change once your child starts school. To support your child with the changes that will be taking and to cope (be resilience) you should ensure you have a good morning routine in place. First, you can try to get up earlier than your child does, so you are fully awake and ready to support them. Go into their bedroom and open the blinds or draw the curtains ten minutes or so before they need to get up, allowing the natural light to wake them up naturally. Do not rush breakfast allowing plenty of them to eat and talk to them about the day ahead. Eating a full breakfast will help them be alert and able to concentrate when they are in school. Routines help children to feel safe, secure and happy, as they know what is expected.

Practise doing the school run. Plan whether you will walk, cycle, drive or take the bus to the school. Getting them used to the route will help them know what to expect, and you might need to do this a few times. Talk about what features can you see on the way, so they become more familiar and reassured. All children like the expected; it makes them feel safe, secure and happy. Depending on your child's needs they might benefit from visual prompts to reinforce where they are going. You can talk to your early years setting and the school they will be attending should you need any support. If you are worried about how your child will adjust to school please contact them to explore what help is available for you and your child.

To be in the best position to learn, a child needs to be well rested. This will enable your child to concentrate and cope with daily tasks. Find out more about how to get a good night's sleep here: [Sleep tips](#)

Did you know three and four year-old children need between 10-13 hours of sleep including naps? As your child gets older the amount of sleep, they need will gradually decrease. If you need support around developing your child's sleep then you can get advice on sleep routines through our [Local Offer](#) and you can also contact your Children Centre for advice and support.

Where else can you get ideas and support?

If your child is not in a setting yet, you can search for suitable childcare (Early Years education) in the comfort of your own home by using our [Childcare Local Offer](#). If you need further support then our [Family Information Service](#) can help you to find suitable childcare.

To help you make an informed decision on the right childcare setting we have some questions that you might want to consider when you make contact with the Early Years Setting ([link here](#)).

If you want to know how to pay for the childcare (Early Years education) then visit the Government's website [Childcare Choices](#) that will provide you with choices on how to pay for the childcare (Early Years education).

Our Children Centre's can also provide you with a timetable of their play and stay sessions here [Children Centre](#).