



Resilience

Giving Our Children S.P.A.C.E. to Grow

S

Support

Be an adult who is supportive and willing to listen

P

Problem-solve

Process setbacks and work with child to develop alternate plans to overcome setbacks

A

Affirm

Affirm strengths and encourage efforts (not just abilities or achievements) to enhance resilience and learning

C

Cheer

Cheer the child on for renewed effort and share inspirational stories of resilience

E

Empower

Provide child with skills and opportunities to try, take risks and experience challenges