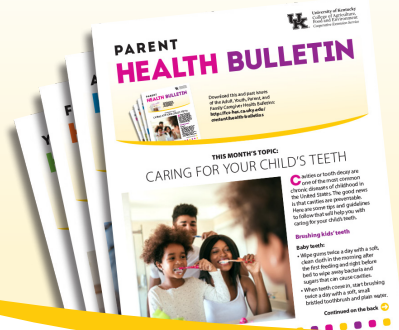


PARENT

HEALTH BULLETIN



NOVEMBER 2025

Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

THIS MONTH'S TOPIC

WHAT PARENTS CAN DO TO HELP BUILD RESILIENCE



Resilience is the ability to bounce back when things are hard—when kids face difficulties, disappointments, or stress. It is not something children are born with, but instead it is built over time. Parents and caregivers play a big role in helping kids develop resilience. Love, support, and good habits help children learn to cope better with troubles and grow stronger.

One key thing parents can do is give children caring relationships. This means spending quality time, showing warm support, and being there to listen and offer comfort. When kids feel loved and understood, they are more likely to believe they can manage stress and recover from it.

Resilience helps to build problem-solving and coping skills. Parents can help by teaching children

Continued on the next page ➔

**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



When kids feel loved and understood, they are more likely to believe they can manage stress and recover from it.

➔ Continued from the previous page

how to break down problems into smaller steps, come up with possible solutions, and try them out. Role-playing in different situations can give kids practice. Also, helping children manage stress through simple things, like breathing exercises, talking about feelings, spending time in nature, or doing something creative, can make a big difference.

Another part of resilience is self-efficacy or believing in their own abilities. This grows when kids succeed in small tasks. Parents should praise effort, celebrate small wins, and let children try new things even if they might fail. Allowing them to make safe mistakes helps them learn and fosters confidence.

Structure is important too. Kids need consistent guidance, routines, and clear expectations. When a household has reliable schedules (for meals, schoolwork, bedtime) and fair rules, children feel safer. They have a stable base from which to take risks and try new things. Parents knowing where their children are, what they are doing, and giving support also helps build resilience.

Talking about past challenges is helpful. When parents share experiences they've had—how they managed a tough situation, what they felt, and how they moved forward—it teaches kids that challenges are normal and manageable. It gives children a sense that they are not alone.

Finally, strong connections with family, friends, school, and the community give children a sense of belonging. Having adults they can trust and people to turn to helps children feel supported. These social relationships serve as “buffers” when times are tough.

What parents can try this week

- Ask your child what problem they are worried about and work together to make a small plan.
- Try a short family routine (for example, after dinner) where everyone shares one good thing and one hard thing from the day.
- Give praise for effort not just success. (“You really kept trying.”)



- Teach a calming strategy such as taking deep breaths, counting to 10, or walking away for a moment when upset.
- Connect with people in your community—maybe a neighbor, teacher, mentor—and help your child see they have support beyond just home.

By doing these things, you help your child not only survive challenges but also learn and grow stronger from them. Resilience isn't built in one day—it happens over time through many small steps.

REFERENCES:

- <https://www.stopbullying.gov/prevention/help-children-build-resilience>
- <https://developingchild.harvard.edu/resource-guides/guide-resilience>

Written by: Katherine Jury,
Extension Specialist for Family Health

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock

