

# Creating Resilient Families

Resilience is the ability to cope with changes and challenges in life. As it's not always possible to prevent stressful or adverse situations, parents can help strengthen their children's capacity to deal with stress and hardships.

To build resilience children need to know the world is safe and there are caring people who will help them. They need a belief in their own ability to achieve goals so they can feel good about themselves. As children develop and grow it's important for them to learn to regulate their own thoughts, feelings and behaviour and finally having an optimistic outlook is a must for resilience development.

Delivered over 3 x 2 hrs sessions, this program delivers a number of insights and strategies for the parent who wants to understand and support their children to develop resilience.



To enquire when and where **Creating Resilient Families** is being offered, please check the Resourcing Parents Website:

<http://resourcingparents.nsw.gov.au/>

Or contact The Family Action Centre on 4921 6858



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