

Dear Families/Caregivers,

Resilience is the ability to manage and recover from daily setbacks and adversity. It is the inner resolve that although a situation may be out of the person's control, he or she can control his or her perception and response.

We learned to reframe problems as challenges to develop autonomy. Some strategies include:

*Think, I can learn something new.*

*Think, I can get better if I keep practicing.*

*Think, I can think about this in a new way.*

*Think, I can ask for help when I need it.*

Here are some things you can do to help your child be more resilient:

- Don't shelter your child from everyday frustrations. Give him or her an opportunity to persevere in order to develop resiliency.
- Provide a model for your child, showing how you look at problems as challenges.
- Encourage your child to take safe risks. Trying new things helps to build resiliency.
- Remind your child that it's okay to ask for help.

Sincerely,

Your Child's Teacher