

# PROVIDING SOCIAL AND EMOTIONAL SUPPORT FOR YOUR CHILD

## A Collection of Resources for Parents

As parents, we want to see our children grow up to become confident and resilient individuals. We hope that the following resources will be useful in your parenting journey of providing social and emotional support for your children, so that they will learn to persevere and adapt positively to challenges.



### BUILDING Resilience in our CHILDREN



#### RESILIENCE BOOSTERS

<https://tinyurl.com/resil-boosters>



The ability to thrive despite challenges arises from the skills of resilience. Here are some resources and activities you can engage with your child to strengthen his/her resilience.



<https://tinyurl.com/conf-children>



### RAISING CONFIDENT CHILDREN

Our children will be self-confident when they have a sense of competence and belonging. A supportive network of positive relationships will help them manage challenging situations. This set of resources also shares how parents can promote a growth mind-set in children.

