Fostering resilience in your child

Resilience is an essential ingredient for children’s positive mental health and wellbeing. In this edition, we explore what resilience is, and how families can foster a sense of resilience. We also look at a series of animations developed to foster resilience in and support the social and emotional wellbeing of Aboriginal children.

Resilience is an essential skill for life

This article examines what resilience really is, where it comes from and why ‘helicopter parenting’ doesn’t work. Read the article.
Optimism in the face of adversity

Optimism (which shouldn’t be confused with constant happiness) is a key component of resilience. This article introduces the HAPPY principles and the three essential sources of resilience. Read the article.

How to foster resilience in everyday life

Now that the concept of resilience has been explored and you have an understanding of its importance, we look at constructive suggestions for fostering resilience in children and families. Read the article.

Fostering resilience in Aboriginal children

In this article, we introduce a series of animations that have been developed to support the social and emotional wellbeing of Aboriginal children. There are common themes in these animations that also make them relevant for all families. Read the article.

Risk and protective factors for children’s mental health

Useful coping skills to help children manage life’s ups and downs

Animations to support Aboriginal children’s social and emotional wellbeing

Carers count: Supporting parents and carers of children with continence issues

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