



DOWNLOAD RESOURCES:

nasen.org.uk/resources/resilience-development-pack-7-days-many-ways

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TOP TIPS FOR PARENTS

nasen's Resilience Development Pack was developed for all young children, but particularly those with additional needs, and provides a variety of ideas to support them to build resilience in these uncertain times. The pack was originally aimed at supporting children as they return to Early Years settings following a period of lockdown but is a resource that can be used at any time.

In the Resilience Development Pack, you will find that each day of the week has a theme, which supports the development of resilience. The colour-coded pages associated with each day of the week give ideas of things to try with your child.



The suggestions below will help you to get the most from the pack and outline how to use the resource and additional materials:

- » Use the ideas as a starting point: you can adapt or change them to suit your child.
- » Think about your child's interests, what they can do already and plan activities that build on the skills they already have or those they are beginning to develop.
- » Provide fun activities; if your child enjoys the activity and experiences success, they are more likely to want to repeat it!
- » Celebrate your child's achievements, however small. You can do this at any time but particularly on 'Celebrate Sundays'.
- » Trying a variety of activities will support your child to build the foundations needed for resilience.
- » Think about small daily targets. You can choose to do activities on any day, when it suits you and your child, working around or building the activities into family routines.
- » Think about any shared experiences you can have with your child. These can be as simple as practising a new Makaton sign or making different faces and sounds in the mirror.
- » You might want to focus on just one area or theme at a time, repeat some activities or provide the same type of experiences for several weeks or across a number of sessions.
- » Use the 'Weekly Diary' and/or 'Daily Activity' sheets to support you to plan and record activities, and to write down any new ideas or 'next steps' for your child to experience.
- » Remember to look after your own well-being and try not to put too much pressure on yourself or your child to do an activity every day.
- » Many of the suggested ideas are designed to use objects from around your home and include experiences that can be set-up easily; they focus on how you can share moments with your child, rather than needing to use any specific or specialist equipment.
- » Make sure any objects or resources used or collected for activities are safe and clean. Always supervise your child when exploring materials.
- » Extend activities your child has experienced in their setting and practice them at home too.
- » Remember to share your child's achievements with your family, your child's setting and any other professionals involved as this provides them with useful information.