



## Building resiliency in kids

When changes at home and school or other difficult situations for children happen, it can be challenging for kids to cope. Building and having resilience allows a person to develop inner strength that helps kids rebound from a change or challenge. When a person lacks resilience, they might dwell on problems, become overwhelmed or turn to unhealthy coping mechanisms, such as substance abuse, eating disorders or risky behaviors.

### How can you help your child grow their resilience?

- Helping your child build confidence by solving problems and making easy decisions about their day.
- Assist your child in identifying their feelings and how to appropriately manage those emotions.
- Encourage your child to face challenges and support them with both the success or disappointments.
- Teaching and modeling patience and teamwork are also very important for children.

Teaching children that mistakes are how we all learn and grow, is another way for kids to realize that pushing through adversity gives them strength and that they can be successful by trying again.

*Thank you Sarah Borchert for the awesome information!!*

## Hand washing

Handwashing is the easiest prevention tool when it comes to the common cold, flu, COVID and other illnesses.

Encourage your child(ren) to wash their hands before/after eating, after using the bathroom and after coughing or sneezing.

Wash hands for at least 20 seconds using soap and warm water, and encourage lots of bubbles and rubbing hands together before rinsing with water and drying thoroughly.

## School Nurse Expertise

From Sarah Borchert, School Nurse for the Waterloo School District:

*"Often everyday life can be challenging for kids and having resiliency can help a child focus less on the negatives and look for the positives in their life. Helping your child learn from the experiences that could upset them, by giving them support and allowing them to express their feelings can help them grow resilience. I also list a few things parents and guardians can do to help under the 'Building resiliency in kids' section of this edition of Backpack News"*

## Tips for Parents

Happy New Year! Make goals/resolutions as a family for as often as you'd like (weekly, monthly, etc.). Getting the entire family involved will give everyone a sense of belonging and purpose!

## Healthy Habits in 2023

Each year, millions of individuals make "New Year's Resolutions" or goals to improve their health/lives.

Healthy habits are things you can add into each day to improve your overall physical and mental health, and can incorporate the entire family. Here are 9 suggestions from the American Heart Association:

- **Slow Down**

*Plan time each day to make sure the most important tasks are done without having to rush.*

- **Snooze More**

*Each age needs a different amount of sleep each day. 3-5 years old (10-13 hours); 6-13 years old (9-12 hours); teens (8-10 hours); adults (7-9 hours)*

- **Let worry go**

*Take time to breathe before you work through problems.*

- **Laugh it up**

*Laughing makes us feel good—aim to do more daily.*

- **Get connected**

*Connect as a family or with friends via the phone, in-person or video calls.*

- **Get organized**

*Cleaning clutter and having a plan can leave everyone feeling great.*

- **Practice giving back**

*Get the whole family into volunteering—helping others helps you.*

- **Be active daily**

*Adding movement each day can aid in helping to prevent illness, disease and stress.*

- **Give up bad habits**

*Parents/guardians—you lead by example, so drop the smoking, drinking alcohol or excess screen time.*

[Fight Stress with Healthy Habits Infographic | American Heart Association](#)