

Six Ways to Raise a Resilient Child, The Guardian

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Do you want to help your children deal with stress and adversity? It's easier than you think. Helping our children navigate the stresses and strains of daily life is more important than ever. [Figures released in November last year by NHS Digital](#) show a worrying rise in young people's mental health problems; sadly, Dr Rangan Chatterjee's experience as a GP confirms this.

This article takes you through the following fundamentals to promoting childhood resilience:

- ✓ Give sleep a chance
- ✓ Get out and exercise
- ✓ Teach delayed gratification
- ✓ Eat the alphabet
- ✓ Model gratitude