

How I grow and develop

Resilience is the process of adapting to adversities or challenges that are faced in life and being able to cope. It is necessary to develop resilience to be prepared for and cope with challenges that arise. For young children we can assist them to develop emotional resilience by providing them with a context of safety and security within everyday experiences that enables them to experience new and novel excitement and uncertainty in their play and develop their capabilities underpinned by the two pillars of nurture.

Two pillars of nurture:

| | |
|-----------|---|
| CARE | Attunement; warmth; connection; empathy |
| CHALLENGE | Structure; well-judged expectations; independence; new achievements |

Skilled exposure to challenge fosters children's resilience and enables them to view mistakes as opportunities to learn rather than a negative reflection on their abilities or self-worth.

Risks in play enable children to explore their limits and experience mistakes and learn to make judgements and take responsibility in managing risks safely.

This does not refer to any external risks within the child's wider world – follow the GIREFEC/child's plan and where required the child protection processes if these risks exist

Scaffolding is providing a well-judged level and nature of assistance that assists a child to build on their learning from what they know to understanding a bit more or a skill they have becoming stronger or a bit more developed.



Links to further information

Realising the Ambition: Being Me (Scottish Government, 2020) [page 15](#), [page 39](#), [page 55](#), [page 105](#).

Video from Center on the Developing Child, Harvard University (2015). [What is Resilience?](#) (2.22mins)

Video from Center on the Developing Child, Harvard University (2015). [The Science of Resilience](#). (2.29mins)

Video from Center on the Developing Child, Harvard University (2015). [How Resilience is Built?](#) (2.17mins)

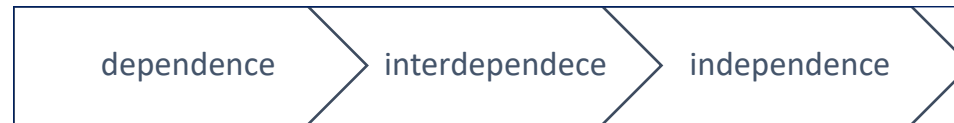
Every child will have a range of strengths and areas where they will benefit from additional support or challenge to enhance their skills. These frameworks should assist understanding the needs of each individual child and ensure progression in their development.

What will I notice? What might progression look like?

Knowing the child very well and a personalised approach to the individual child is important across all domains but especially this one.

A child's sense of safety is underpinned by their emotional safety as well as their awareness of the skills they have developed.

The child is on a journey from dependence via interdependence to independence for all of the skills for learning and life that we are assisting them to develop. This can also be thought of as the journey from co-regulation to self-regulation as covered in the section called executive functions.



The length of time or amount of investment required for progression will depend on the a variety of factors including the particular skills, developmental readiness, individual strengths of the child and the environmental experiences provided.

A child's resilience and risk development will be greatly informed by their development of:

Curiosity

Confidence

Motivation

Perseverance



Links to further information

Video from Raising Children Network Australia (2018). [Risk in Play: How it helps child development.](#) (2.47mins)

Parentzone Scotland. [Useful phrases to respond to children's risk taking play.](#)

Video from Parent Lab (2019). [What is Scaffolding?](#) (2.33mins)

Article [The importance of risky play in early childhood](#) (2018)

Video from AvanceNational (2013). [Engaging Children in Meaningful Conversation.](#) (2.03 mins)