

10 Resilience Building Blocks

for children aged 0 - 12 years



Strengthen the spirit



Absence of stress



Self mastery



Build life skills



Meaningful involvement
with positive adults



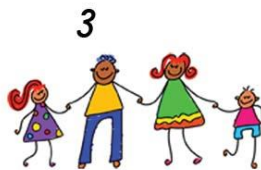
Clear boundaries



Positive healthy
pregnancy



Good nutrition



Safe nurturing care within
the circle of family



Plenty of play

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Maggie Dent <https://www.maggiedent.com/blog/building-blocks-resilience-illustrated-poster/>

Maggie Dent covers many topics in her **free** newsletter as well as webpage. There are lots of resources for parents on the topics of raising children and mental health issues.

Eleanor Clayson, Peel Language Chaplain