

Safeguarding Snapshot - 08.05.26

How to build resilience in children - BBC Article

Children thrive on routine, predictability and boundaries - when they lose these factors in the long-term, and the reasons why can often be unavoidable, it can be a difficult time for parents and their children. However, as parents, there are ways to help them not only cope, but prosper during these times. Dr. Sandi Mann, Senior Psychology Lecturer at the University of Central Lancashire, has written an interesting article to support parents on the BBC Bitesize website. [Click here to access the article.](#)

[BBC Bitesize Parenting](#) is a place for parents and carers to find stories, expert advice and fun activities to help support their children. There are many topics to explore.

Additional resources

- [NHS: 10 Top Tips for Building Resilience](#)