

# Kindy Kids Connect.

## Build & cultivate resilience in children.



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### EMPOWERING CHILDREN TO ASK FOR HELP

Learning how to ask for help when we need it is such an important problem solving skill, but it isn't always as simple as it sounds. Kids can find it difficult to figure out (1) when to seek help (2) the type of help they need (3) how to ask for the help they need or where to find it and (4) how to use the help they receive to solve their problems.

Teaching help-seeking skills is an essential part of promoting child safety and wellbeing. When children feel confident asking for help they are more likely to let you know when something doesn't sound or feel right.

### TIPS FOR PARENTS

- ✓ Model help-seeking behaviour and talk about it with your child. If you need help fixing something at home, or learning how to do something, show your child how you're going to get help. Share examples of times you needed to ask for help and normalize that everyone needs help sometimes.
- ✓ Respond positively when your child asks for help. If you can't give them your full attention at the moment, let them know when you will be able to help them solve their problem.
- ✓ Talk about help-seeking early and often. This is particularly important for conversations around safety. Regularly talk to your child about who they can turn to if something or someone makes them feel unsafe or unsure.
- ✓ Try not to minimise or dismiss their feelings. Whether it's a big problem or a small one, it's still an opportunity to practice problem solving together. Positive help-seeking experiences for small problems will make it easier for children to help-seek for more complex problems when they arise.
- ✓ Remind them of times they have faced challenges and solved problems before. This encourages them to think about the skills they've used in the past, and apply those skills to future problems. It also builds their confidence by reminding them they have the ability to successfully solve problems.

### Supports available at school:

[School staff](#)

[Pastoral care staff](#)

[CatholicCare school counselling program](#)

**Contact your school for more information!**

# Why is it so hard to ask for help?

It's not just children that struggle with help seeking—many adults also find asking for help difficult. Many people put off asking for help until problems become 'out of control' because they've been taught that they have to be self-reliant or that other people will think negatively about them.

Admitting you need help is hard and it requires strong relationships where you feel safe to be vulnerable. The research tells us that one of the key components of 'resilience' is feeling connected and having good supports around you. Some adults have grown up not experiencing safe connections

or support and can find asking for help difficult as a result. However we need to be mindful of how our own resistance to help, or difficulties asking for help, might accidentally send the wrong message to the children in our lives.

## Family and parenting courses at CatholicCare

Our education and group work programs are held in a supportive environment with others who share similar life experiences. Our range of groups focus on strengthening relationships, parenting, establishing positive life patterns and post-separation amongst other areas.

We support and build capacity in families, children and individuals, particularly during times of change.

To learn more about our programs visit: [www.catholiccare.dow.org.au/services-and-programs/family/family-care/courses](http://www.catholiccare.dow.org.au/services-and-programs/family/family-care/courses) or call 4254 9395



## GET IN TOUCH WITH YOUR CHILD'S SCHOOL FOR MORE INFORMATION

Schools are there to help. If your child or family are experiencing challenges, reach out to see what help is available. Schools can also make a referral to the CatholicCare School Counselling Program.

