

# Supporting Your Child's Emotional Growth: Practical Tips for Parents & Caregivers of a 6-Year-Old Child



Coping &  
Resilience

A Series By The Greatest 8™



## Smart, Spirited, and Six

Your 6-year-old is going through a big change – starting first grade with new teachers, friends, routines, and expectations. While your child may feel excited, they may also feel overwhelmed or confused when things don't go as planned. Your support can help them face new situations with curiosity and courage, encouraging them to persist, even when it's hard.



### What does Coping & Resilience mean?

It's normal to want to shield your child from life's bumps, bruises, and hardships. But, resilience can only be learned through struggle. Help your child learn to take risks and how to cope and bounce back from challenging situations.

## Focus Your Attention on Fostering Coping and Resilience

### Why It Matters

Life isn't always smooth – even for kids. They don't always know how to wait or what to do when things feel hard. Learning to cope with big emotions like frustration or anger is the first step to handling problems and bouncing back. To build confidence and develop grit, we have to overcome our struggles. Building these skills now helps children face future challenges with confidence and determination.



## Everyday Moments

### What it Looks Like

Your child plays a soccer game and tries hard to score, but their team loses. They feel frustrated. At home, you say, "You worked so hard. It's okay to feel sad when things don't go our way. It matters so much more that you kept trying and supported your teammates." By focusing on your child's effort, you help them see that real strength comes from not giving up. Connection and communication is the real strength.

## What You Can Do – A Checklist for You!

- ☐ Help your child name their feelings: "You're disappointed – I can understand why you feel that way"
- ☐ Praise effort and teamwork, not just how things turn out
- ☐ Talk about how trying again builds strength and confidence
- ☐ Encourage your child to stay connected with friends, even after disagreements or challenges
- ☐ Share your own stories of bouncing back from challenges
- ☐ Remind your child that mistakes and losses help us learn and grow

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Visit [TheGreatest8.org](https://TheGreatest8.org) to learn more about the 8 key developmental skills



Communication



Coping and  
Resilience



Understanding  
Feelings



Problem  
Solving



Self-  
perceived  
Confidence



Conflict  
Resolution



Balancing  
Emotions



Diversity  
Awareness  
and Respect

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