

## Wellbeing - The Resilience Project (Part 5)

Dear parents & carers,

In the final part of [The Resilience Project's](#) parent series, Hugh shares an important message about allowing our children to experience adversity.

The key to building resilience in our children is allowing them to experience failure, hardship, disappointment etc. As parents, we can be too quick to resolve our children's challenges which can deprive our children of enormous growth opportunities. These typically happen when we experience failure and uncertainty. As parents we should be there for our children when they fail, but not fight their battles for them.

**View Part 5 of the series here:**

**Part 5 - Summary:** <https://theresilienceproject.com.au/2023-parent-carer-hub-inspire-hugh/>

Thank you for participating in this Parent and Carer Digital Presentation series.

**You can re-watch the videos and access activities and resources anytime via the [Parent & Carer Hub](#).**

You can also stay up to date with The Resilience Project news and events by [signing up to their Newsletter](#).

Kind regards,  
Jarod Bacon  
Principal