

Overview

This standard identifies the requirements when promoting wellbeing and resilience of children and young people. It identifies how you provide an environment that supports, affirms and values children or young people and helps them to manage their own feelings and their relationships with others. This includes enabling children or young people to relate to others, providing a supportive and challenging environment, enabling children or young people to take risks safely and encouraging self-reliance, self-esteem and resilience.

Performance criteria

You must be able to:

1. engage with children or young people in a child-centred way to empower them in decisions that affect them
2. respect and value the opinions and feelings of children or young people
3. use opportunities for children or young people to take turns or share space, and consider the opinions and feelings of others
4. recognise behaviour as a form of communication
5. use supportive strategies to help children or young people develop self-regulation skills
6. promote calm and nurturing environments that supports children or young people to express their feelings
7. promote positive interactions that support the wellbeing of children or young people
8. support self-esteem and resilience of children or young people by providing encouragement and positive reinforcement
9. encourage children or young people to try new activities and experiences and recognise their efforts and achievements
10. value diversity by acknowledging and respecting similarities and differences
11. support children or young people to express and identify their feelings
12. encourage children or young people to make decisions and choices
13. help children or young people to predict, recognise and accept the outcomes of their actions
14. support children or young people in working through challenges
15. promote acceptance and respect for the individuality of children or young people
16. demonstrate honesty and openness in your interactions with children or young people
17. encourage children or young people to recognise their strengths and build a positive self-image
18. involve families in supporting children or young people to develop and taking positive risks
19. work in partnership with children or young people to set boundaries within the framework of risk assessments
20. encourage children or young people to assess risks to themselves and others

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21. explain, agree and set shared expectations with children or young people
 22. intervene when children or young people are at risk of harm
 23. help children or young people set realistic, challenging, and achievable goals
 24. work with others to support the wellbeing and resilience of children or young people
 25. complete records and reports required for the wellbeing and resilience of children or young people
 26. reflect on how you carried out your roles and responsibilities when promoting the wellbeing and resilience of children or young people

Knowledge and understanding

You need to know and understand:

1. what is meant by resilience and factors that may affect resilience in children and young people
2. how to recognise signs of anxiety in children and young people and understand how it may present in different ways, including through behaviour and communication
3. the importance of play in supporting wellbeing and resilience
4. the impact of adverse childhood experiences on the development, wellbeing, and resilience of children and young people
5. how to apply trauma informed principles to promote the wellbeing and resilience of children and young people
6. how to adapt your practice and environments to ensure children and young people can participate equally
7. the influence of neurodivergence and additional needs on the wellbeing and resilience of children and young people
8. the influence of culture, background and spirituality on the wellbeing and resilience of children and young people
9. how to develop consistent, caring, and nurturing relationships with children and young people
10. the link between the ability to relate to others and the emotional wellbeing and resilience of children and young people
11. ways to help children and young people understand, express and emotionally regulate their feelings
12. the link between children and young people challenging and testing their abilities and resilience and self-esteem
13. methods to encourage and support children and young people to test and stretch their skills and abilities
14. ways to support children and young people when things do not work out the way they had hoped or planned
15. ways to support children and young people experiencing anxiety, including strategies to help them feel safe, build confidence, and develop coping skills
16. the importance of why comments should be directed at the demonstrated behaviour rather than children and young people themselves
17. how to demonstrate empathy and understanding to children and young people,

including the language and expressions you might use

18. the importance of dignity, kindness and compassion in supporting the wellbeing and resilience of children and young people

19. how to carry out risk assessments that balance reasonable precautions and provides opportunities for development

20. how to support the safe use of digital tools and devices for children and young people

21. how to work in partnership with others to promote wellbeing and resilience of children and young people

22. the records and reports required for the wellbeing and resilience of children and young people

23. theories relevant to promoting wellbeing and resilience of children and young people

24. the relevant legal requirements, standards of practice, frameworks and guidance for promoting wellbeing and resilience of children and young people

25. the workplace requirements on equality, diversity, inclusion, and rights when promoting wellbeing and resilience of children and young people

26. how your personal experiences and unconscious bias may impact when promoting wellbeing and resilience of children and young people, and how to address this

27. the role of supervision, reflective practice and learning and development in promoting wellbeing and resilience of children and young people

Glossary

The glossary for this National Occupational Standard is available on the Skills for Care and Development website.

HSCCLD352

Promote wellbeing and resilience of children and young people



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