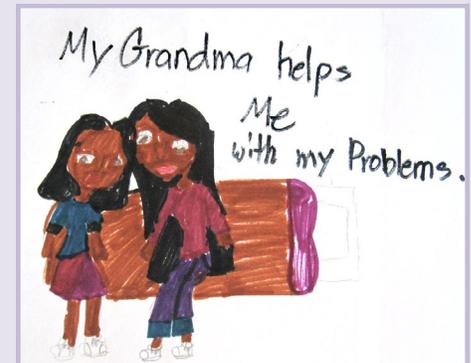


Creating Resilient Children

Resiliency is a learned process which may start at a young age and continues throughout life. As obstacles and challenges are overcome, resilience is strengthened—leading to self-esteem, motivation and self-awareness. Children can learn how to overcome challenges by the influence of their caretakers. Fostering a healthy relationship with a trusted adult is necessary for resiliency in children. However, it is also important for parents, guardians and caregivers to take care of themselves in order to support their children.

Ways to build resilience

- **Creativity:** Creativity can be limitless. Engaging in creative projects with your child provides opportunities for problem-solving, critical thinking and a sense of accomplishment. Join them, follow what they are doing and have fun together.
- **Self-care:** Encouraging your children to care about themselves is a great way to help them be aware of their emotional and physical needs. Participating in enjoyable activities, such as listening to music, taking deep breaths, identifying feelings or playing, may help them feel calm.
- **Communication:** Resiliency is fostered through a healthy relationship between a trusted adult and child by engaging in conversations. Communication is about making connections and can be verbal or nonverbal.



"My grandma helps me with my problems." —Fifth grader



"I am a great artist." —Third grader

(Continued)

- **Gratitude:** Gratitude is being thankful and appreciative for what you have. Noticing the good when times are tough is important for a resilient lifestyle. Feeling and expressing gratitude helps change your perspective to avoid feeling stuck.
- **Self-esteem:** Positive self-esteem is about showing love and kindness to yourself. Healthy self-esteem allows us to move forward from adverse situations, which leads to resilience.

Taking care of you

As parents, guardians and caregivers, you have a special power. Your children look to you for safety and emotional support, so it's very important to take care of you. As you help to build resiliency in your children, remember to take care of your own wellbeing.

- Exercise your brain muscle by learning something new.
- Take care of your body through movement, sleep and nutrition.
- Connect to a larger purpose through spiritual or cultural means.
- Find your community.



“Breathing in and out helps me deal with my anger.” —Fourth grader