



Help Your Child Feel Safe in an Unpredictable World: Build Resilience

What is resilience and why is it important?

- Ability to adapt well to adversity, trauma, tragedy, threats, or even significant sources of stress
- Helps us manage stress and feelings of anxiety and uncertainty

Strengthen Resilience:

- **Make connections** - Teach social skills, maintain family connections, join groups as family
- **Help child to help others** – Chores at home, volunteer, brainstorm ways to help others
- **Maintain regular daily routines** – Also, encourage child to develop own routines
- **Take a break** – Teach child how to focus on other than worries, build in unstructured time to the day
- **Teach self-care** – Model eating properly, exercise, rest; make sure child has time for fun and downtime
- **Help child set goals and move in small steps** – Praise progress, avoid perfectionism
- **Nurture positive self-worth – focus on child's positive behavior**, help child
 - Remember ways they've been successful
 - Trust self to solve problems
 - See humor in life
- **Look for opportunities for self-discovery**
 - Reflect with child on learning from difficulties
- **Talk about change as natural part of life**
- **Tell stories about grandparents and other ancestors** – where they come from, overcoming adversity

