



## Build Resilience

- Make connections - teach social skills, maintain family connections, join groups as family
  - Teach social skills
  - Maintain family connections
- Help child to help others – chores at home, volunteer, brainstorm ways to help others
- Maintain regular daily routines – 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 down time
- 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 she has been successful
  - Trust self to solve problems
- See the 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 relatives – where they come from, their story – especially overcoming adversity

