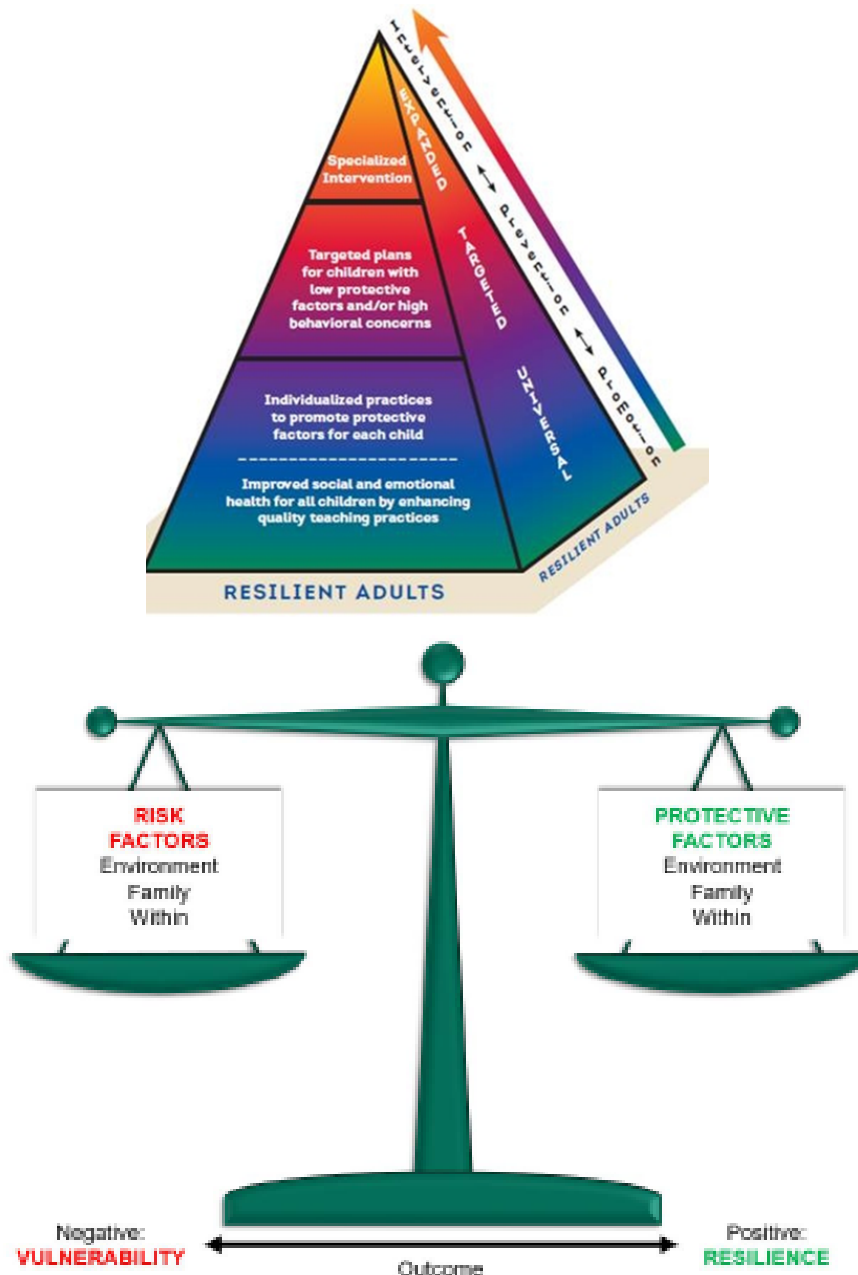


Ready, Set, Resilience: Using the Devereux Early Childhood Assessment (DECA) to Promote Young Children's Positive Behaviors

Resilience: The ability to recover from or adjust to misfortune or change; the ability to bounce back



Devereux Adult Resilience Survey (DARS)

By Mary Mackrain, M.Ed.

This survey was created to support adults as they reflect on how to promote the capacity for resilience in themselves. Take time to reflect on and complete each item on the survey below. There are no right answers! Once you have finished, reflect on your strengths and then start small and plan for one or two things that you feel are important to improve. For fun and practical ideas on how to strengthen your protective factors, use the chapters of *Building Your Bounce: Simple Strategies for a Resilient You*.

Items	Almost Always	Sometimes	Not Yet
Relationships			
1. I have good friends who support me.			
2. I have a mentor or someone who shows me the way.			
3. I provide support to others.			
4. I am empathetic to others.			
5. I trust my close friends.			
Internal Beliefs			
1. My role as a caregiver is important.			
2. I have personal strengths.			
3. I am creative.			
4. I have strong beliefs.			
5. I am hopeful about the future.			
6. I am lovable.			
Initiative			
1. I communicate effectively with those around me.			
2. I try many different ways to solve a problem.			
3. I have a hobby that I engage in.			
4. I seek out new knowledge.			
5. I am open to new ideas.			
6. I laugh often.			
7. I am able to say no.			
8. I can ask for help.			
Self-Control			
1. I express my emotions.			
2. I set limits for myself.			
3. I am flexible.			
4. I can calm myself down.			

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Resilience is made up of ordinary rather than extraordinary processes.

Ann Masten



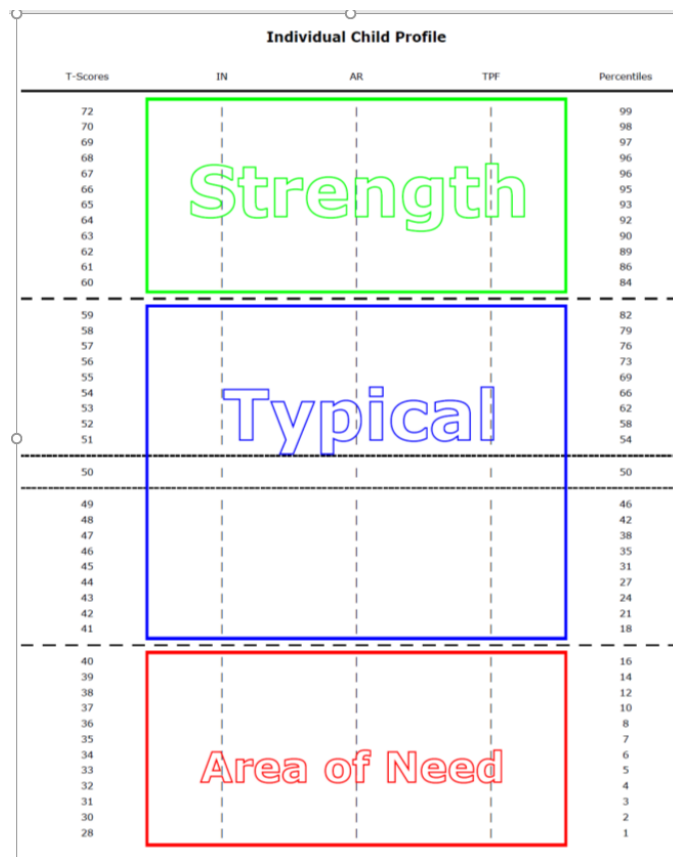
Three protective factors all children need packed in their suitcases...



Initiative: The child's ability to use independent thought and action to meet his or her needs.

Attachment/Relationships: The child's ability to promote and maintain mutual, positive connections with other children and significant adults.

Self-Regulation: The child's ability to respond to many different emotions using words and actions that are appropriate for the different situations he/she encounters.



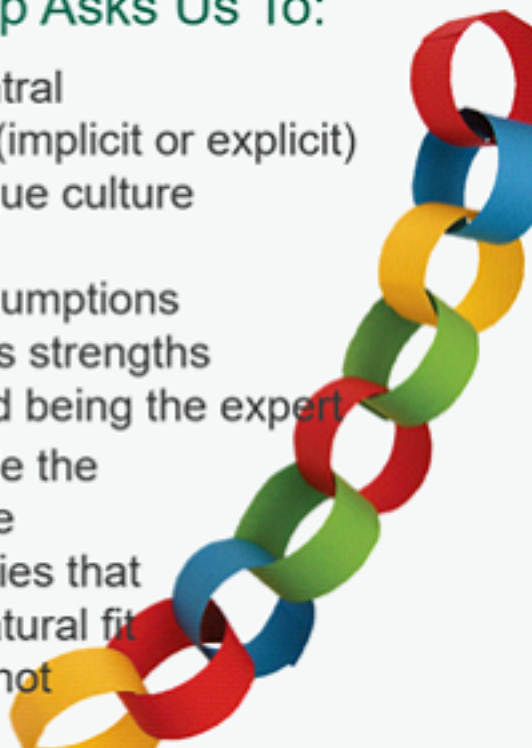
STRENGTHS	GOALS	STRATEGIES
<p>What are the strengths of:</p> <ul style="list-style-type: none"> • The group • Individual children • Myself 	<p>What goals might need to be set for:</p> <ul style="list-style-type: none"> • The group • Individual children • Myself 	<p>What will I do to help support the success of:</p> <ul style="list-style-type: none"> • The group • Individual children • Myself

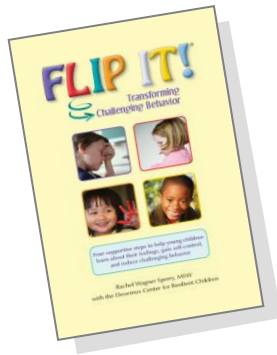
Put your social and emotional lenses
back on and let's look at some DECA
Individual Profiles!



Quality Family Partnership Asks Us To:

- Recognize families are central
- Confront and remedy bias (implicit or explicit)
- Respect each families unique culture
- Listen more than talk
- Stay curious and avoid assumptions
- Build on a child and family's strengths
- Be ready to learn and avoid being the expert
- Respect that families decide the amount of help they receive
- Create and support strategies that make sense and have a natural fit
- Acknowledge that more is not always better









FLIP IT!®

Four supportive steps to help young children learn about their feelings, gain self-control, and reduce challenging behavior.



-
-  **1. FEELINGS:** Gently talk with the child about his feelings. Tell him what you see and hear as a result of his emotions. Help him to identify the root feelings causing the behavior.
 -  **2. LIMITS:** Remind the child of the positive limits and expectations you have for his behavior. Loving and simple limits help surround children with a sense of consistency, safety, and trust.
 -  **3. INQUIRIES:** Encourage the child to think about solutions to his challenges. Ask questions that promote problem-solving and healthy coping skills. Inquiries invite children to think, learn, and gain self-control.
 -  **4. PROMPTS:** Provide creative cues, clues, and suggestions for the child who is having difficulty. Enthusiastic, bright ideas can lead the way to better problem-solving skills.