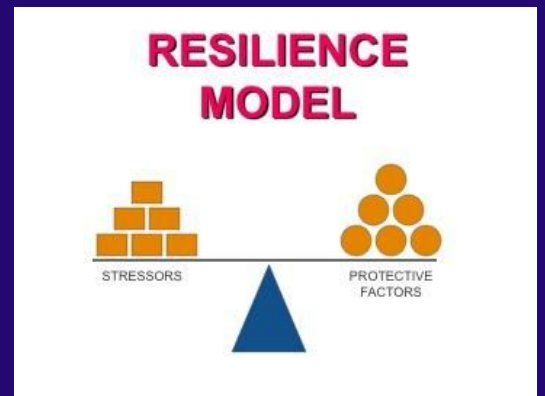


BEHAVIOR SUPPORT PARENT BOARD

RESILIENCE & PROTECTIVE FACTORS

The stressors of everyday life can take a toll on our physical and mental health. How can we maintain our well-being, even in difficult times? Resilience! Resilience is the ability to bounce back after misfortune or change. It does not mean bad things won't happen; it allows us to recover and become stronger through the process.



Who can benefit from resilience? We all can! Protective factors are strengths we possess that can enable us to bounce back and be resilient. Protective factors found in resilient children serve as a buffer against the negative effects of risk, making them more likely to overcome life's challenges. Parents who are resilient will be able to take good care of their children even when they are experiencing a crisis.

The wonderful thing about resilience and protective factors is that they can be strengthened throughout life, no matter our age! In order to raise resilient children, the adults in their lives need to be resilient, so we will focus on adults first!

PROTECTIVE FACTORS FOR ADULTS

Relationships

The mutual, long-lasting back-and-forth bond we have with other people in our lives. Adults can strengthen relationships by:

- Calling a friend
- Finding a mentor
- Supporting others

Internal Beliefs

The feelings and thoughts we have about ourselves and our lives and how effective we think we are at taking action in life. Adults can strengthen internal beliefs by:

- Celebrating you
- Being hopeful
- Valuing yourself

Initiative

The ability to make positive choices and decisions and act upon them. Adults can strengthen initiative by:

- Problem-solving
- Having a hobby
- Laughing more

Self-Control

The ability to experience a range of feelings and express them using the words and actions that society considers appropriate. Adults can strengthen self-control by:

- Setting limits
- Being flexible
- Calming down

Link to short videos with ways to build adult resilience:

- [Notice the Positive Qualities](#)
- [Talking Self-Love: Being Easy on Yourself](#)
- [Be Flexible: The Power is in Your Hands](#)
- [Let's Practice Empathy](#)
- [Ask for Help](#)
- [Talking Self-Love: Using Your Strengths](#)
- [Use Music to Practice Self-Control](#)
- [Take a Breath Before Responding](#)

Now, what about the children?

Protective factors in children such as attachment/relationships, initiative, and self-regulation help build resilience!

Attachment/ Relationships

The mutual, strong, long-lasting relationship between a child and significant adults, such as parents, family members, and teachers.

Initiative

A child's ability to use independent thought and action to meet his or her needs

Self-Regulation

The child's ability to express emotions and manage behaviors in healthy ways

Links to videos and documents with ways adults can build children's resilience:

- [Activities to Promote Resilience in Infants and toddlers](#)
- [Activities to Promote Resilience in Preschoolers](#)
- [Make Time for Pretend Play](#)
- [Tips for Parents: Building Your Children's Resilience](#)
- [Bring Your Shark Under the Water](#)
- [Enjoy Some Silliness](#)

ADDITIONAL RESOURCES ON RESILIENCE AND PROTECTIVE FACTORS

Devereux Advanced Behavioral Health Center for Resilient Children- Free Resources Section:

<https://centerforresilientchildren.org/free-resources/>

Devereux Center for Resilient Children YouTube Channel:

<https://www.youtube.com/channel/UCyzZCHBkG99VMB4xBI85EA>

TRAUMA AND STRESS

Strong, caring and loving relationships can shield children from the impact of negative experiences, and they can be mutually healing.



Children are deeply impacted by the events that take place around them. Even though they may not understand what they see and hear, they absorb and are affected by the people they rely on for love and security. Constant, unrelenting negative experiences – known as “toxic stress” – take a toll on a child’s growth and development. Parents and caregivers play a very important role in helping infants and toddlers heal from traumatic experiences. Source:Zerothree.org

TRAUMATIC EXPERIENCES

The National Child Traumatic Stress Network

When a child endures a traumatic experience, the whole family feels the impact. But adults hold the power to help lessen its effects. Several factors can change the course of kids’ lives: feeling seen and heard by a caring adult, being patiently taught coping strategies and resilience-building techniques, and being with adults who know about the effects of such experiences. Here are ways to bring these factors to life.



RESOURCES

The National Child Traumatic Stress Network

<https://www.nctsn.org/>

Substance Abuse and Mental Health Services Administration Helpline
1800-662-4357

Harvard Center on the Developing Child

<https://developingchild.harvard.edu>

Zero to Three

<https://www.zerotothree.org/>