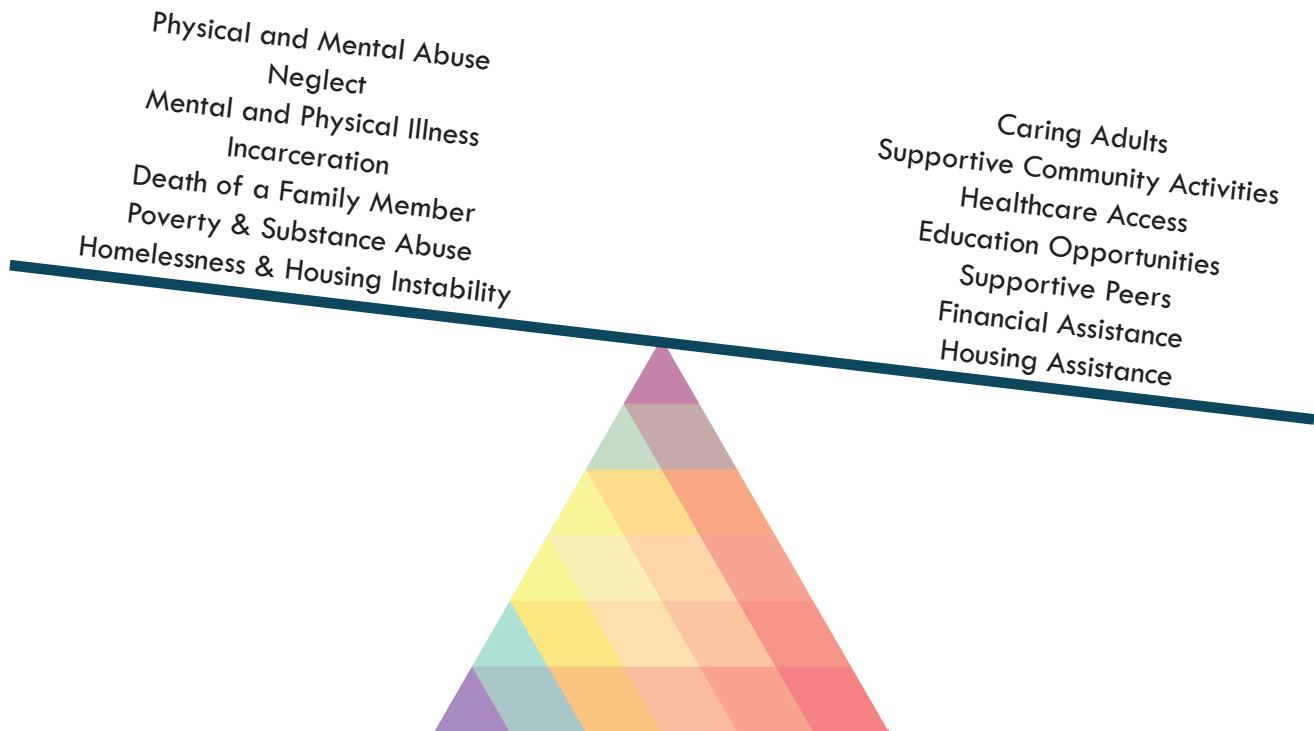


RESILIENCE

The Key to Building Healthy, Happy Adults

Resilience is the ability to overcome life's challenges or "bounce" back. It is built over time, through our experiences and our relationships with safe and caring people.



Resilience can mean...

Having resilient parents

Parents who know how to solve problems, reach out for help when needed, have healthy relationships with other adults, and who build healthy relationships with their children.

Building attachment and nurturing relationships

Adults who listen and respond patiently and consistently to a child in a supportive way, and pay attention to a child's physical and emotional needs.

Building social connections

Having family, friends and/or neighbors who support, help and listen; looking out for each other, and intervening when children/elders are in danger/need.

Meeting basic needs

Providing children with safe housing, nutritious food, appropriate clothing, and access to health care and good education.

Learning about parenting and how children grow

Understanding how parents can help their children grow in a healthy way, and what to expect from children as they grow.

Building social and emotional skills

Helping children self-regulate and communicate feelings and needs through techniques like mindfulness, yoga, and imaginary play.

More About ACEs & Their Impact

The Three Types of ACEs

Abuse: physical, emotional, sexual

Neglect: physical, emotional

Household dysfunction: divorce, substance abuse, incarceration of a relative, domestic violence, mental illness, bullying

Prevalence of ACEs

ACEs are common...nearly two-thirds (64%) of adults have at least one.¹

ACEs don't occur alone...if you have one, there's an 87% chance that you have two or more.¹

1. US Center for Disease Control

Building Resilience To Overcome ACEs

Parents, Teachers and Caregivers

- Understanding toxic stress and child development
- Helping children identify feelings and manage emotions
- Creating safe physical and emotional environments at home, in school, and in neighborhoods
- Practicing/modeling good boundaries and self-care

Communities

- Raise awareness and commitment to promote safe, stable, nurturing relationships and environments and prevent child maltreatment
- Use data to inform actions
- Create the context for healthy children and families through norms change and programs
- Create the context for healthy children and families through policies

RESOURCES:

Harvard University Center on the Developing Child

<http://developingchild.harvard.edu/resources/resilience-game/>

Resilience Research Center

<http://resilienceresearch.org>

Boing Boing

<http://www.boingboing.org.uk>

Community Resiliency Cookbook

<http://communityresiliencycookbook.org>

Echo Parenting

<http://www.echoparenting.org>

Educators

<https://www.turnaroundusa.org>

