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To Build Family Resilience

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Call for Help

- Parenting is tough. We can all use a helping hand sometimes. Reach out for help when you or your family needs it.

Offer One-on-One Opportunities

- Schedule one-on-one time with each of your children – if only for 5-10 minutes each day where the focus is on that one child. During this time read a book together before bed, toss a ball in the yard, or do a favorite activity together. Make the time to play or exercise with each child. Normalize that it's ok to not be happy all the time. Help your child take note of the times that you and your family are happy by writing down a few things they're thankful for every day.

Navigate Your Networks

- Use community resources like schools, libraries, neighbors, and more to connect to people and places that can provide support to your family. Many are available through online platforms!

Notice Triggers, Take Breaks, and Know When Things are Escalating

- Learn which behaviors, actions, and words that might help you identify your child's impending meltdown or tantrum. Remember, children and teens react (in part) based on what they see from the adults around them. When parents and caregivers are calm, they can provide the best support for their children in difficult or unfavorable situations.

Eat Together

- Family meals naturally create opportunities for sharing about the day, catching up, and discussing highlights and struggles. Get your kids involved in preparing meals with you, not just eating the meals you prepare. Cooking together can bring a family together and create lasting memories.

Care for Yourself

- Caregivers cannot pour from an empty cup, so it is important to take care of yourself, too. Practice self-care, which comes in a variety of forms and can take just five minutes a day. Listen to your favorite song, read, meditate, journal, practice breathing exercises, or enjoy a favorite activity. When we can take time to care for ourselves, we are in our best form to care for those we love.

Take Time to Talk

- Go for a walk or take time after dinner to catch up with your family. Talk with your child about their friendships, what they enjoy doing, and what they want to do when they grow up. Instead of asking questions like “How was your day?” (which may get you a one-word response), try questions like: “What was your favorite part of today?”, “What did you like least about today?”, “What is a part of today you would like to do again?”, “Would you like to have a do-over for any part of today?”



Scan the QR code for resources to help build family resiliency





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