

# Adapting to adversity

## Resilience Guide for Kids & Families



### What is Resilience?

**Resilience** is the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress. (American Psychological Association) **Resilience** is part of what makes kids thrive as they grow.

### The 7 C's to build Resilience:

1. **Competence:** having your child know he/she can handle a situation effectively.
2. **Confidence:** having your child believe in his/her own abilities.
3. **Connection:** having your child develop close ties to family and community to create a solid sense of security and strong values.
4. **Character:** having your child develop a solid set of morals/values to know right from wrong and have a caring attitude.
5. **Contribution:** having your child realize the world is better because they are in it by contributing to others in need.
6. **Coping:** having your child learn how to effectively cope with stress to be prepared to overcome life's challenges.
7. **Control:** having your child know that they are able to control the outcomes of their decisions; this builds their ability to bounce back from adversity.

### How to build Resilience:

1. Make connections, for example: make friends.
2. Help your child by having him/her help others through volunteering, at school, etc.
3. Maintain a daily routine.
4. Take a break from the daily routine if needed
5. Teach your child self-care: eating properly, exercising, rest, having fun, etc.
6. Move toward reasonable goals and focus on what your child has accomplished.
7. Nurture a positive self-view.
8. Keep things in perspective and maintain a hopeful outlook. There is a future that can be good, even though the present may have painful events.
9. Look for opportunities for self-discovery
10. Accept that change is part of living, and new goals can be made.

Get tips on how to do teach each of the 7 C's:

<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Building-Resilience-in-Children.aspx>

<http://www.apa.org/helpcenter/resilience.aspx>

# Resources for Building Resilience



## Online Resources

### For Kids & Parents

#### *Zero to Three*

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

Read, watch, listen, and discuss topics on parenting and child early development/learning for children aged 0-3.

#### *Building Resilience in Young Children*

[http://www.beststart.org/resources/healthy\\_chld\\_dev/pdf/BSRC\\_Resilience\\_English\\_fnl.pdf](http://www.beststart.org/resources/healthy_chld_dev/pdf/BSRC_Resilience_English_fnl.pdf)

For parents of children from birth to 6 years, this booklet is about resilience, what to know to build resilience, being a positive role model, developing thinking skills, find resources, and more.

#### *Building Resilience in Children*

<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Building-Resilience-in-Children.aspx>

Read more and see teaching examples about the 7 C's for building resilience mentioned on the other side of this page.

#### *Building Resilience in Children - 20 Practical, Powerful Strategies (Backed by Science)*

<http://www.heysigmund.com/building-resilience-children/>

Read about resilience, how it affects behavior, 20 strategies to build resilience in children and strengthen children towards healthy living.

### For Kids, Teens, & Parents

#### *Resilience Guide*

<http://www.apa.org/helpcenter/resilience.aspx>

Read more about the 10 tips for building resilience mentioned on the other side of this page.

#### *Building Resilience*

<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/default.aspx>

Find many videos and reading materials for building resilience from a guide for teens to manage stress to supporting resilience in military families.

### For Teens & Parents

#### *A Personal Strategy for Engaging and Building Your Resilience*

<https://hr.ucsf.edu/hr.php?A=1055&AT=&org=we>

Read about resilience, factors that contribute to resilience, 11 strategies for building resilience, and more.

#### *Fostering Resilience*

[http://www.fosteringresilience.com/index\\_parents.php](http://www.fosteringresilience.com/index_parents.php)

Read about resilience, more on the 7 C's, and resources for teens and parents for dealing with stress and building resilience.

#### *Community-Based Resilience-Building*

<https://www.healthychildren.org/English/family-life/Community/Pages/Community-Based-Resilience-Building.aspx>

Read about what parents can do in their community to build resilience, how to involve youth leadership, and 4 organizations that can help parents help their communities.

### Online Game

#### *Tipping the Scales: The Resilience Game*

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

Play this interactive game to learn what choices can be made to help children and the community become more resilient.

## Movies and Videos

#### *The Power of Resilience: Sam Goldstein, Ph.D. at TEDxRockCreekPark*

<https://youtu.be/isfw8JJ-eWM>

10 minute video about resilience with several short stories of children's experiences. There is also a passage on resilience in the info section under the video.

#### *Resilience-How to FALL UP/ Dr. Gregg Steinberg/ TEDxRushU/*

<https://youtu.be/WKLy71DO6CQ>

17 minute video about resilience with several short stories of people's experiences.

#### *Resilience: The Biology of Stress & The Science of Hope*

<http://kpjrfilms.co/resilience/>

2 minute trailer from the movie about resilience.

#### *Paper Tigers*

<http://kpjrfilms.co/paper-tigers/>

2 minute trailer from the movie about how a high school and community successfully confronted stress and trauma.

#### *The Raising of America Series*

<http://www.raisingofamerica.org/>

This documentary series addresses topics like why children in America are faring so poorly, the importance of early life experiences, confronting childhood PTSD, what policies can help/harm children, and more. Find free trailers online, pay \$5.99 to watch the series online, or buy the DVD for \$149.