Building Resilience in Our Children: Protective Factors for Parents and Communities

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Building Resilience

• Why resilience matters

• What is resilience?
Unconditional Love: The Power of the Loving Relationship

- Through good and difficult times
- Communication: they need to hear it
- Parenting is tough
• **Adult Expectations**

• **Building Competence**
  - Praise effort
  - Recognize the process
  - Identify and develop individual strengths
  - Avoid comparisons
  - Empower problem-solving and decision-making
Building Connection

• **In the home**
  • Allowing expression of ALL emotions
  • Listen

• **In the community**
  • Supporting healthy relationships and activities

• **Model**
  • Fostering healthy relationships in our own lives
Concentric Circles of Support

Parents

Extended Family

Positive Peers

School and Community
• **Contribution** - the world is a better place because they are in it
  • Provide opportunities for volunteering and service to others

• **Coping**
  • Emotion coping skills and strategies
  • Seeking professional help
Coping Strategies for Children and Adolescents

- Listen to music
- Read a book
- Breathing exercises
- Journal or write a letter
- Play with clay, Legos or a stress ball
- Engage in artistic activity (drawing, painting, sketch)
- Name your feelings
- Talk to a friend or trusted adult
- Jump on the trampoline

- Do jumping jacks
- Clench and release your muscles
- Spend time with a pet
- Take a nap
- Eat a healthy snack
- Blow bubbles
- Play with a fidget spinner
- Hug a plush toy
- Essential oils/sprays or lotions
- Take a bubble bath

- Slowly count to ten
- Stand up and stretch or do yoga
- Spend time on a swing or rocker (rocking motion)
- Do something kind for someone
- Work on a puzzle
- Rip paper into little pieces
- Read a joke book or watch a funny movie
- Take a break with a weighted blanket