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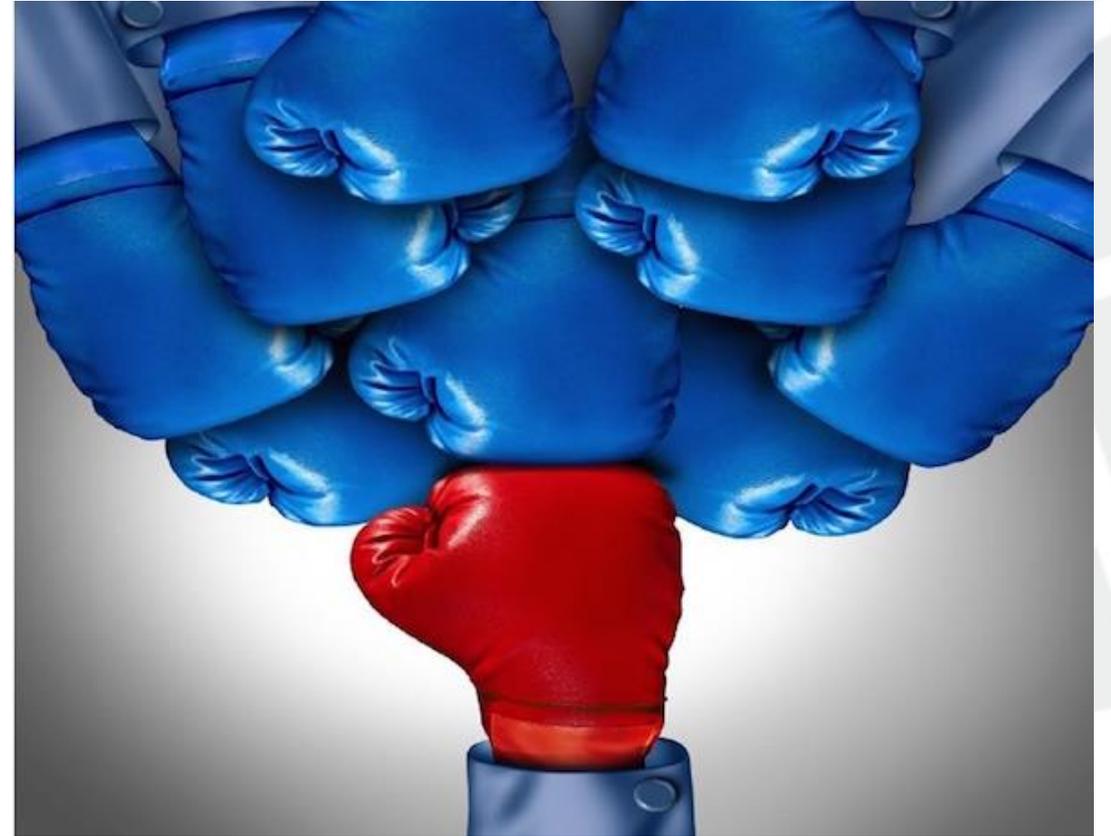
# Building Resilience in Our Children: Protective Factors for Parents and Communities

Brenda Navarrete, PhD

STUDY THE ISSUES | BE A VOICE | MAKE A DIFFERENCE

# Building Resilience

- *Why resilience matters*
- *What is resilience?*





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# Unconditional Love: The Power of the Loving Relationship

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





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- *Adult Expectations*
- *Building Competence*

- Praise effort
- Recognize the process
- Identify and develop individual strengths
- Avoid comparisons
- Empower problem-solving and decision-making



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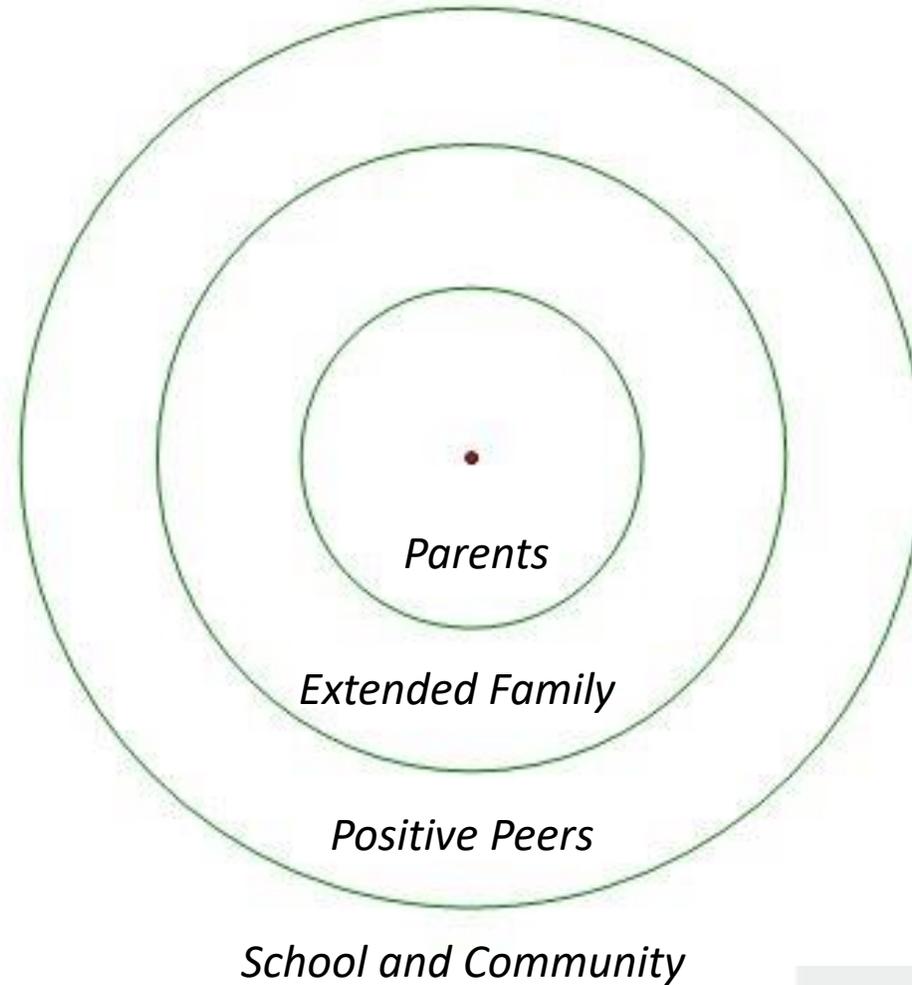
# Building Connection



- ***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





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- **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

