Quick Tips to Nurture Resilience in Children

Resilience is the capacity to thrive in both good times and difficult ones. It can be developed and nourished at any age, in every person.

Relationships matter
Parents, coaches, teachers, caregivers and other adults in the community help children develop resilience.

Ingredients for resilience:
- Supportive environments
- Caring connections
- Positive experiences

Self-care
Take care of you! Time for rest, exercise and nutrition set an example for your child.

Attachment
Regularly share special time with your child. Being connected promotes health and development.

Self-worth
Show your child appreciation for who they are, not what they do or could do.

Feelings
Help your child learn to recognize and name different emotions.

Soothe
Help your child develop ways to self-soothe when angry, like taking five deep breaths.

Rules
Include your child in setting rules and expectations to develop a sense of ownership.

Choices
Provide choices whenever possible and safe. Making choices teaches about decision making and consequences.

Accountability
Show your child that mistakes are part of life. Help your child find the lesson in a mistake.

Empathy
Imagine yourself in your child’s place. Understanding promotes trust and respect.

Belonging
Help your child find healthy and safe activities for developing friendship and community.

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