



What is Parental Resilience?

Parental Resilience is the ability to:

- Exercise flexibility & develop inner strength
- Be present and supportive to children even when times are tough
- Successfully navigate challenges and negative situations.

Resilience is often thought of as *bouncing back*, but it is also the ability to *bounce ahead*, using moments of stress and crisis to motivate, reorganize priorities, and move forward.

Parenting is a rewarding but stressful and sometimes a difficult experience. Life has many stressful situations that can impact a family and the ability to parent effectively. Stressors can include:

- *Day to day events or life changes*, such as moving to a new home or changing schools
- *Unexpected events*, such as losing a job or the death of a spouse
- *Individual factors*, such as depression or traumatic experience
- *Social factors*, such as loss of community or relationship problems
- *Community, societal or environmental conditions*, such as neighborhood violence or poverty

Parents who are resilient are able to respond to stressful situations in productive ways, solve problems, develop trusting relationships with others, and reach out for help.

Resilience makes your family STRONG.

With Parental Resilience parents can:

- ✓ Cope with stressful events and challenges in healthy ways
- ✓ Provide more nurturing attention to buffer children
- ✓ Protect children from toxic stress
- ✓ Increase the ability to “bounce back” and learn from adversity

Without Parental Resilience parents are more likely to:

- ✓ Choose unhealthy ways of coping with life stressors
- ✓ Lose the ability to attend to the needs of their children
- ✓ Expose children to toxic stress

Ways to build resilience include:

- ✓ Find someone to talk to when you need support
- ✓ Eat healthy and get regular exercise
- ✓ Plan ahead and adapt to change
- ✓ Focus on strengths and keep a positive outlook
- ✓ Maintain routines
- ✓ Provide nurturing and reassurance to children