

Children's
Medical
Group



Resources:

ACES 101

<http://acestoohigh.com/aces-101/>

American Academy of Pediatrics
www.aap.org

CDC-Kaiser Adverse Childhood Experiences Study
www.cdc.gov/violenceprevention/acestudy/

Resilience: What can I do?

Resilience is the ability to return to being healthy and hopeful after bad things happen, such as adverse childhood experiences (ACEs). Research shows that if children are provided with a safe environment and are taught resilience, long term effects of ACEs will be reduced.

1. Resilient parents/guardian

Adults who know how to solve problems, who have healthy relationships with other adults, and who build healthy relationships with their children teach resilience skills

2. Established attachment and nurturing relationships

Adults who listen and respond patiently to a child in a supportive way, and pay attention to a child's physical and emotional needs teach resilience

3. Supportive social connections

Having family, friends, and/or neighbors who support, help, and care for your children teaches resilience

4. Meeting basic needs

Providing children with safe housing, nutritious food, appropriate clothing, and access to health care and good education promotes resilience

5. Learn about parenting and how children grow

Understanding how you can help your children grow in a healthy way and having realistic expectations from your children as they grow promotes resilience

6. Build social and emotional skills

Helping children interact in a healthy way with others, manage their emotions and communicate their feelings and needs promotes resilience

7. Ask for help when needed

Knowing who and where to seek assistance teaches a child it is ok to ask for help and promotes resilience

8. Develop a positive attitude

Teaching your child to remain positive and to focus on the good each day maintains hope and resilience

Simple Ways to Build Resilience in Children

- Hug them
- Sing with them
- Ask for their help
- Play games with them
- Listen with interest
- Go for walks together
- Give compliments
- Praise their efforts
- Tell them you love them
- Celebrate their birthdays
- Say thank you
- Attend their games, events, performances
- Joke with them
- Tell them what you like about them
- Take on challenges together
- Expect their best, not perfection

9. Display strong inner strengths

Teaching self-control, problem solving skills, self-confidence, and responsibility teaches how to grow into resilient adults

10. Maintain a character of integrity

Teaching children right and wrong with a commitment to integrity encourages them to put forth good effort while being held accountable

