

# JANUARY EPRESS PART 2

The next two articles focus on building resilience in children and parents through short videos.

## Building Resilience in Children

### Introduction:

Resilience is the ability to adapt to different situations and bounce back when things don't work out. It is important to build resilience in children because it makes it easier for them to feel comfortable to change as they grow. It is important for children to know what resilience is and have the proper coping mechanism in order to build their resilience. Supervised visitation monitors can watch the videos on this list with parents and children and provide questions for parents to ask their children about building resilience. The videos are listed specific to the different age categories.

### Toddlers



Keeping Calm - Building Resilience with Hunter and Eve

Run Time: 2:32 <https://www.youtube.com/watch?v=losfxbMKwPo>

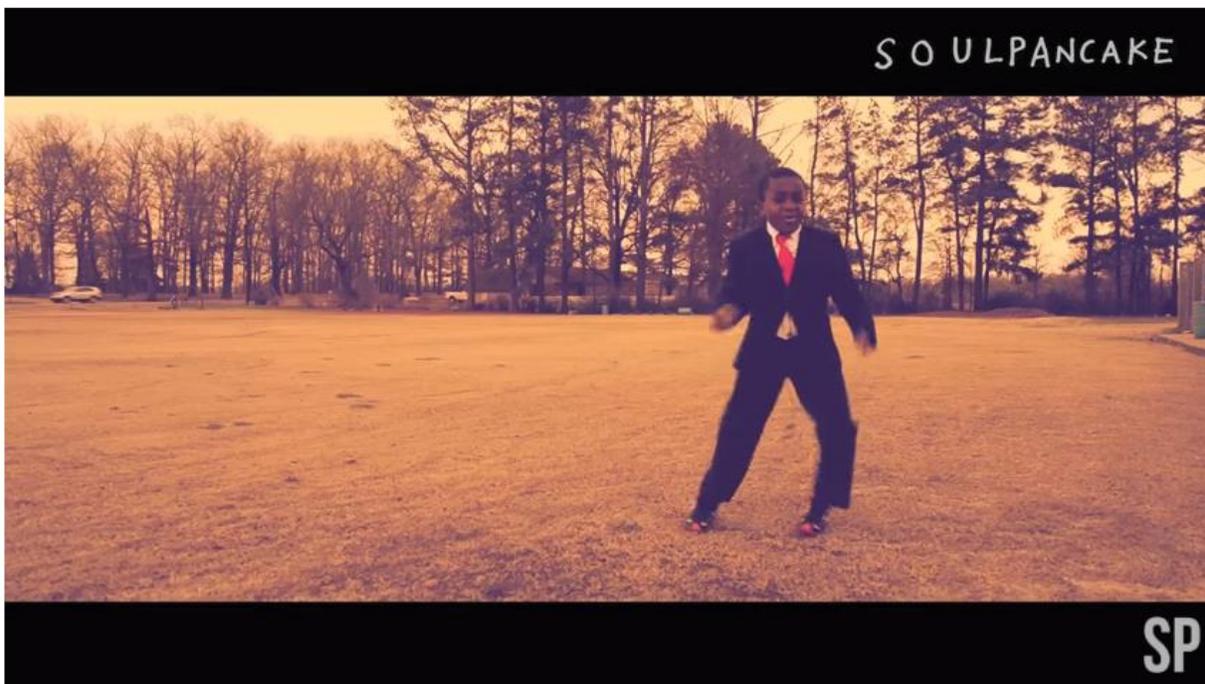
Hunter is making his way home, but he gets scared on the way home so Eve helps him calm down. Eve helps him go through the process of controlled breathing. Controlled

breathing allows Hunter to calm down and think clearly, so he can make it home. Hunter and Eve ask for help from their firefly friends, so they can make it home safely. It would help to have the child follow the steps of controlled breathing.

### Questions for Parents to Ask:

1. Why did Hunter stop walking home?  
A: Hunter got scared because it was dark on his way home and he thought he saw a fire in front of him.
2. How did Eve help Hunter calm down?  
A: Eve told Hunter he was safe and helped hunter by showing him how to do controlled breathing.
3. What are the steps to controlled breathing?  
A: Put your hands on your tummy and take a deep breath in through your nose for 3 seconds. After, breath out of your mouth for 5 seconds and feel your hands on your tummy fall. Repeat!

### Elementary School



A Pep Talk from Kid President to You

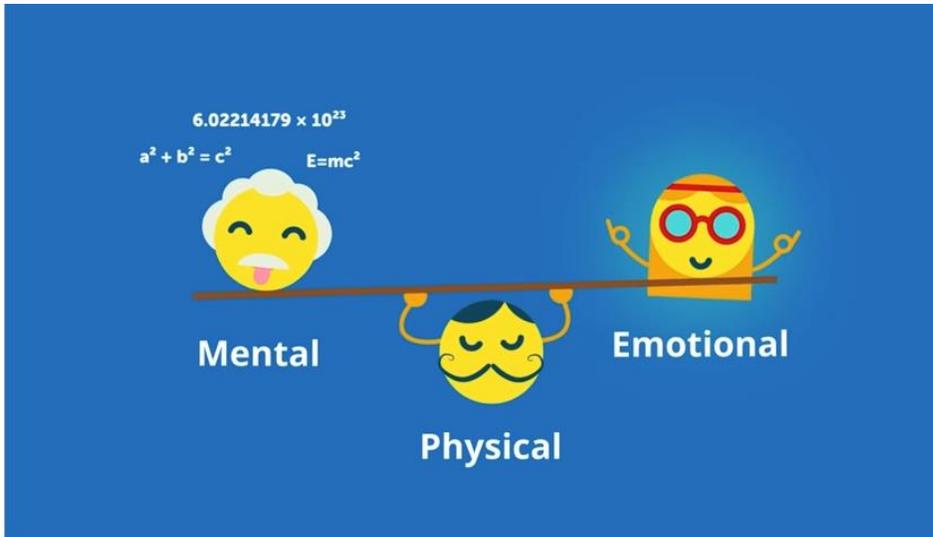
Run Time: 3:25 <https://www.youtube.com/watch?v=l-gQLqv9f4o>

The Kid President challenges you to stop being boring! Although the road you travel on might be hard, it's better to be on the road that leads to awesome. Keep moving, and push for a better dream. Don't quit! Keep going, and bounce back when you don't reach the goals you had.

### Questions for Parents to Ask:

1. Why is it important to keep going even when we don't reach a goal?  
A: Because we have to be awesome! If we quit when we don't reach a goal, we will never be awesome. As Kid President mentions, Michael Jordan didn't quit, and was able to be a great basketball player and make Space Jam.
2. What does the Kid President want you to do?  
A: Create something that will make the world awesome! It's our duty to give the world a reason to dance.

## **Middle School**



Resilience but what is it? Here's 5 ways to build resilience

Run Time: 2:17 <https://www.youtube.com/watch?v=1FDyiUEn8Vw>

Resilience isn't only about bouncing back during the bad times, but also taking advantage of the good times. It's about being able to balance you mental, emotional, and physical health, because they all contribute to wellbeing. This video goes into depth on how to remain balanced, as well as how to recover when life hasn't gone as planned.

### **Questions for Parents to Ask:**

1. What are some activities you can do to keep you healthy mentally? (Feel free to change mentally to physically or emotionally, use any answers from the video as a guide)  
A: Learn and achieve new things, make goals and reach them, expand your grasp on a new subject, master pancake flipping.
2. What are some ways you can deal with life becoming too overwhelming?  
A: Be present in the moment, take some time to yourself, and try to shut out distractions.
3. Why is it important to be well rounded and resilient?  
A: You're more protected from the bumps in the road of life, and you can move on. You're able to adapt better to challenges.



What Does Resilience Mean To Young People? | YoungMinds

Run Time: 3:07 <https://www.youtube.com/watch?v=4RzHx5rw0f4>

Children discuss what resilience means to them and why it matters. Resilience is the ability to bounce back after a difficult situation and learning how to be prepared if it happens again. Resilience is important because it teaches you how to come back up in the face of difficulty.

**Questions for Parents to Ask:**

1. What is resilience to you?  
A: Resilience is being able to cope with problems and pushes you to succeed in the future? (Any answer similar to that given in the video is acceptable)
2. Why does resilience matter? (Besides being able to learn from a difficult situation.)  
A: It helps you build your confidence in yourself, and you can have a better way of communicating with people in the world.

## High School



Resilience in Kids Created by First to Draw

Run Time: 3:10 <https://www.youtube.com/watch?v=HYsRGe0tfZc>

Resilience helps individuals deal with difficult situations and make the best out of life. Being resilient is a culmination of multiple things, bouncing back with optimism, being flexible about how we see things, taking a little risk, and being proactive in life. The key to resilience practiced how to stay resilience when small annoyances occur which can help individuals be more prepared when even more challenging events occur. School is a great place to learn resilience, it helps children learn to stay focused and dedicated to their learning.

### Questions for Parents to Ask:

1. What does it mean to be resilient?  
A: Being resilient is a culmination of multiple things, bouncing back with optimism, being flexible about how we see things, taking a little risk, and being proactive.
2. Why is it important to be resilient?  
A: We learn how to deal with the smaller things, so they don't build up and overwhelm us, and we become more prepared for the big challenges if they come our way.
3. Why is practicing resilience at school effective?  
A: We get to practice with our friends, with things that matter to us. It helps us deal with aspects of our education, social life, and prepare for difficulties later on in life.

# Parental resilience is part of the third protective factor and is essential in preventing child maltreatment.

## Parental Resilience

### Introduction

As one of the protective factors, parental resilience is important for growth and development of the child and the parent. Parents who are resilient are able to adapt to different situations. The strain of balancing parenthood and the rest of life can be a great deal to handle. Supervised visitation monitors can help parents build resilience by encouraging them to watch the following videos. In the two videos below, parents discuss the different ways they maintain their resilience and how they cope with various situations.

### Videos



6 ways you can effectively cope with mommy stress

Run Time: 3:51 <https://www.youtube.com/watch?v=gg47SLvriRE>

Being a mother has changed over time: many mothers are working now, and have to balance a work life, a social life, and being a parent. It can be hard at times to deal with stress, but there are six very useful ways to manage the stress. While these tips can be helpful for mothers, they can be helpful for fathers as well. Parents can manage their stress by:

- **Learning what the signs of stress are.** Every person is different, and stress may manifest differently.

- **Identifying times of the day which are particularly stressful** and attempting to plan ahead or adapt for those times.
- **Taking a break and decompressing.** Walking away every once in a while from a stressful situation can limit the amount of stress experienced.
- **Exercising regularly.** Exercise has been proven to help with stress, especially in releasing tension that might be built up.
- **Finding a good support group.** Having people to relate to and get positive feedback from can be a very helpful tool for parents.
- **Laughing!** It is important to take time, and just smile or laugh when possible, use humor to make light of a stressful situation.

Learning to manage stress is an essential part in staying resilient as a parent during times of difficulty.



Run Time: 3:13

[http://raisingchildren.net.au/articles/autism\\_spectrum\\_disorder\\_family\\_relationships.htm](http://raisingchildren.net.au/articles/autism_spectrum_disorder_family_relationships.htm)

These parents discuss what it can be like to raise a child with autism spectrum disorder (ASD). Having a child or children who have disabilities can be stressful on the parents. It is important for the parents to lean on each other and compromise on the work that needs to be done. Having a strong family relationship will help tremendously. Being a resilient parent is a valuable tool when raising a child with a disability. When parents are resilient they are able to adequately meet the unique needs of their child. Resilience also helps these parents manage their own stress which is important because they have someone depending on them at all hours of the day, in different ways than children who do not have a disability.



Supporting Resilience

Run Time: 5:50 [https://www.youtube.com/watch?v=eHyv\\_LFXkVU](https://www.youtube.com/watch?v=eHyv_LFXkVU)

Resilience is a key skill that people need to have. Intelligence, confidence, problem solving, and forward thinking are skills that aide people in becoming resilient individuals, but being connected through a network of support can provide a strengthening of resilience. There are two different types of resilience, recovering from a crisis, and getting back on one's feet, and the second one is adapting to changes.



Sesame Street: Helping Children Thrive Through Challenges

Run Time: 3:34 <https://www.youtube.com/watch?v=5RUkqyeTcec>

Although people generally see Sesame street as a child's show it has a history of helping families, children and parents, recover and grow from life experiences. This video provides a compilation of different situations that children and families have experienced, and how sesame street helped them through their journeys. Sesame street helped these parents understand how to manage a variety of life challenges with resilience and how in doing so sets a positive example for children that will allow them to thrive and be successful later in life.