

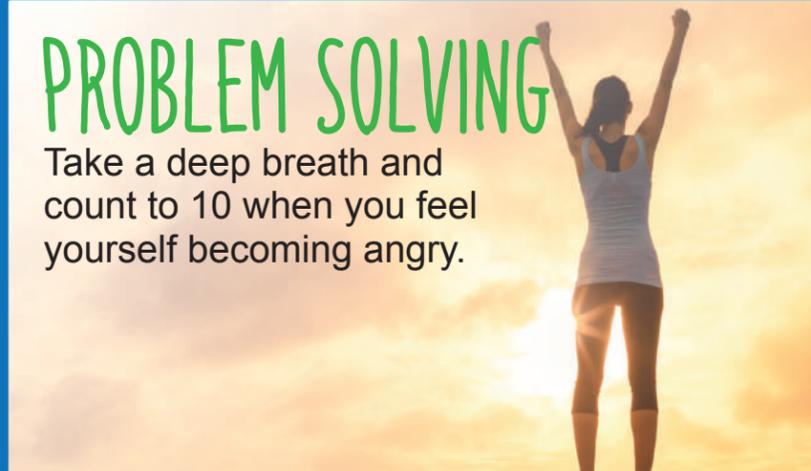


# Parental Resilience

Parental resilience is when parents are able to **problem-solve and overcome challenges**. Resilient parents raise **strong and independent children**.

## PROBLEM SOLVING

Take a deep breath and count to 10 when you feel yourself becoming angry.



## SOCIAL SUPPORT

Find friends and family who can support you and your child.



## SELF-CARE

Find ways to let go of stress, like walking, meditation, or prayer.



## HEALTHY LIFESTYLE

Maintain a balanced diet, get exercise, and get enough sleep.



Institute for Family Violence Studies  
Clearinghouse on Supervised Visitation

