

Building Family Resiliency

During COVID-19 and beyond

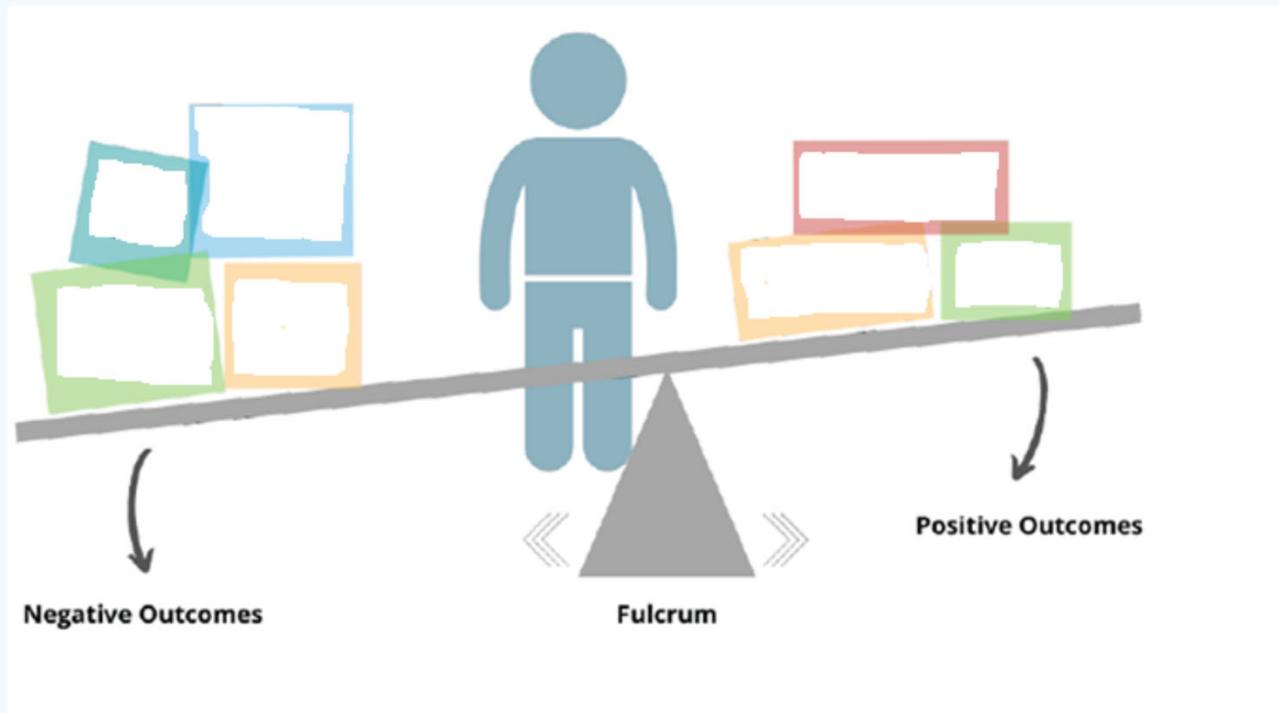


As we all know... COVID-19 is creating stress and adversity for families

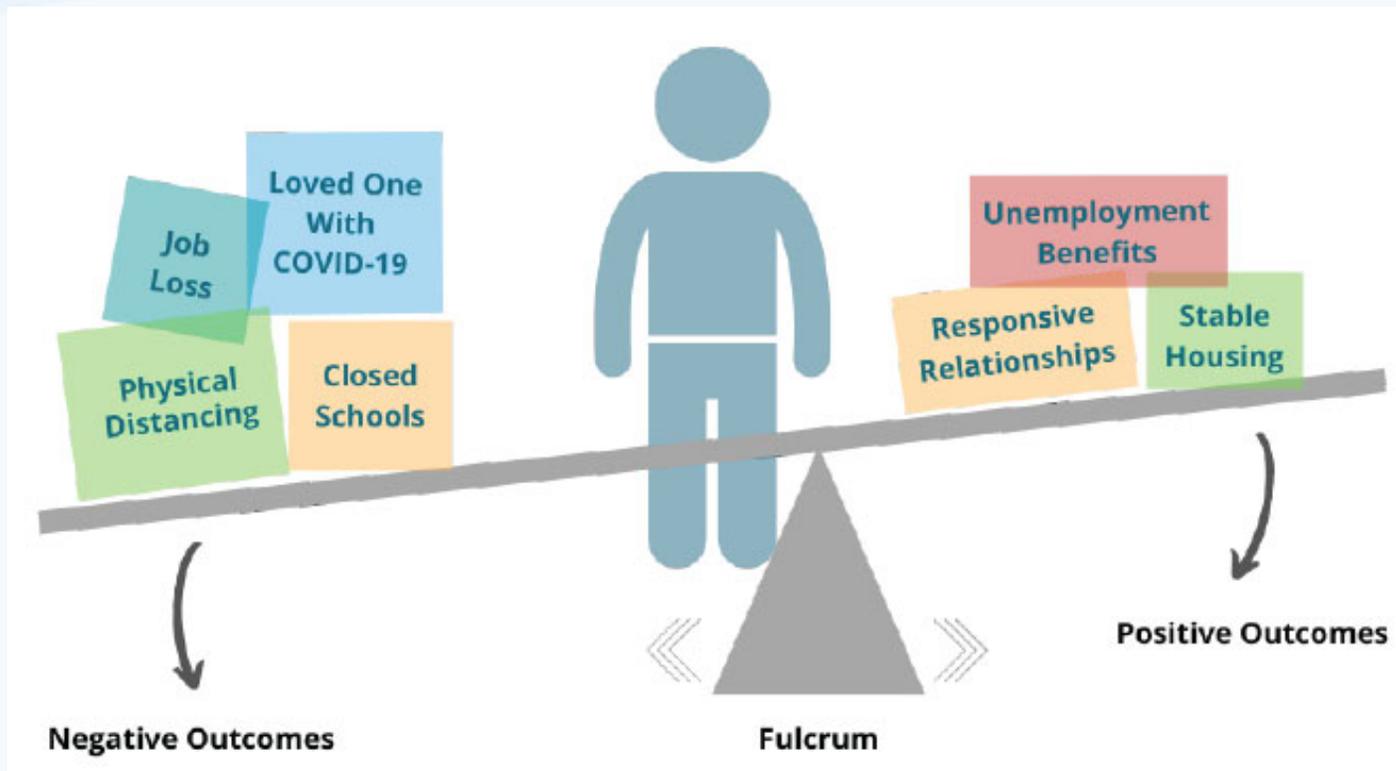
- *It is important for children's healthy development to reduce stress and build resiliency.*
- *Resiliency helps us overcome hardships.*
- *Resiliency is built overtime by our experiences and interactions.*
- *Many children have the ability to overcome hardships, while others do not come by it naturally.*

Think of resilience as a balance scale

- Negative experiences tip the scale toward bad outcomes
- Positive experiences tip the scale toward good outcomes

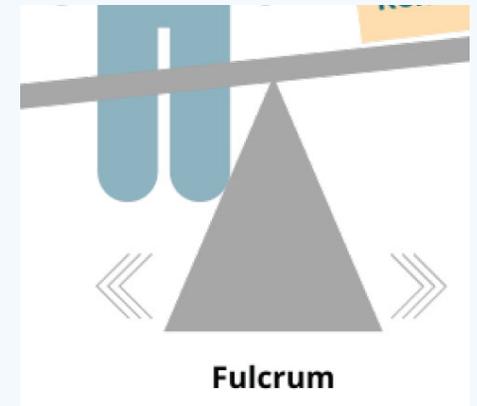


During COVID-19 the resilience scale may look like this



The point where the scale balances is called the “fulcrum”

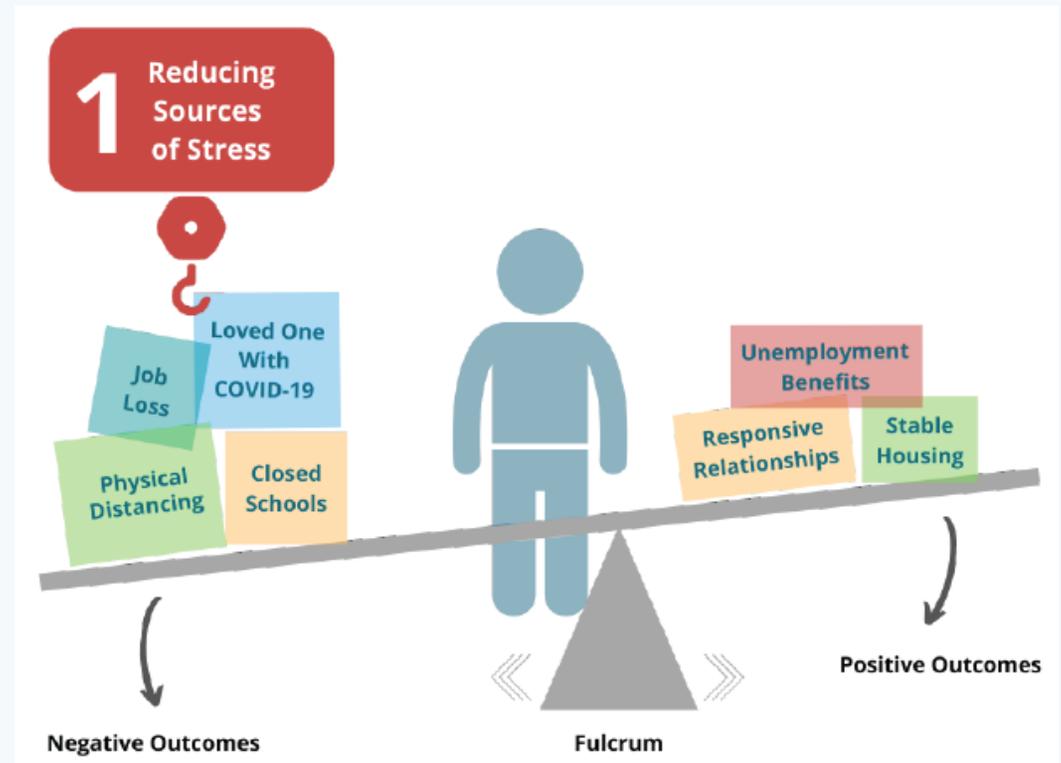
- If it is more to one side or the other, it can make it harder or easier to tip the resilience scale to the positive.
- Everyone’s fulcrum is in a different spot—which explains why each person is different in how easily we can counterbalance hardships in life.
- The good news is that the fulcrum can be moved by developing a toolkit of skills you can use to adapt and find solutions.



What can we do to build up and strengthen resilience?

How can we build resilience?

1 Unload the Negative Side



We can lighten the load on the negative side of the scale by reducing sources of stress

- Helping families meet basic needs like food, shelter, diapers, childcare, internet
- Sharing with families how to find health care, health insurance, and COVID testing and information
- Connecting families with programs that can help like unemployment, or job boards
- Giving families information on financial, rent or power assistance
- Reassuring families struggling with school closures
- Providing families information and directives for education
- Educating families on IDEA, NAC, Section 504, and current guidance



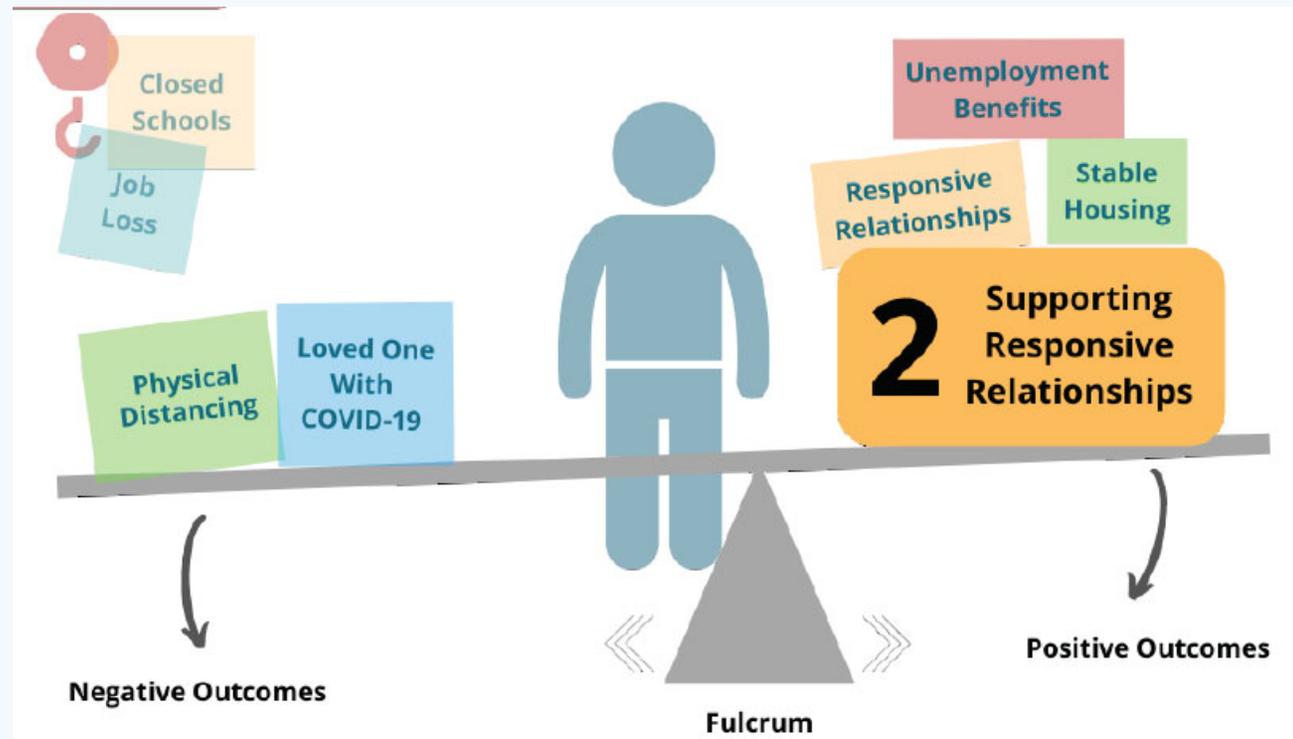
Question 1

What are other ways we can reduce sources of stress?

What can we do to build up and strengthen resilience?

How can we build resilience?

2 Load Up the Positive Side



We can add to the positive side of the scale by piling on positive experiences - Relationships

- Children who develop resilience have stable, committed relationships with a supportive parent or other adult.
- Adults need supportive relationships, too!
- Check-Ins with families help them engage in responsive relationships
- Encourage families to maintain and increase connections with family and friends
- Back and Forth interactions are important, use everyday moments to engage with children



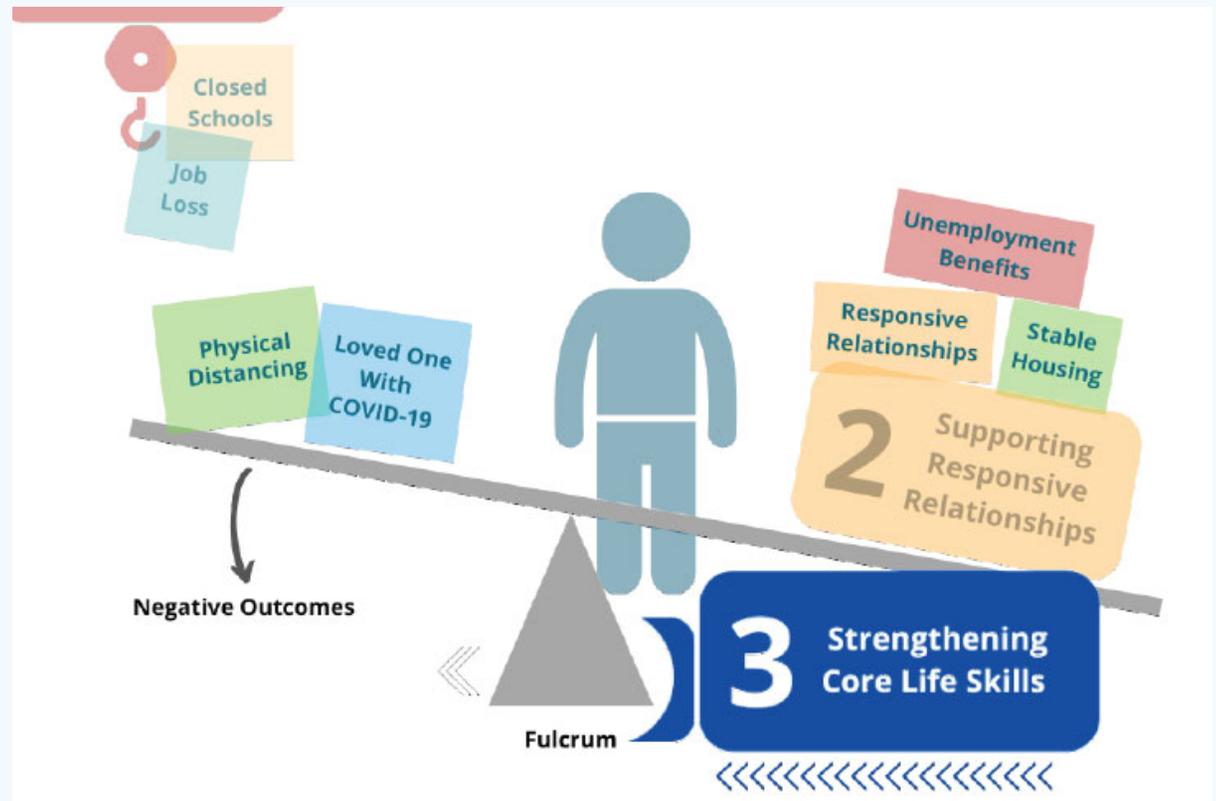
Question 2

*What are other ways we can
Pile on Positive Experiences?*

What can we do to build up and strengthen resilience?

How can we build resilience?

3 Move the Fulcrum



Building a Toolkit for Resiliency

- Encouraging families to go for a walk, exercise, and other fun physical activities
- Promoting with families the importance of getting plenty of sleep
- Reminding families that eating healthy foods and staying hydrated helps
- Empowering families with the benefits of positive thinking, focus on what is going well and to share gratitude
- Sharing with families how helpful deep breathing, meditation, or mindfulness can be
- Talking with families about the benefits of setting up a daily routine for their children
- Teaching families the basics of positive behavior supports (PBS)

We can make it easier for a scale to tip toward positive outcomes by strengthening core life skills.

- We need Executive Function and Self-Regulation skills to manage daily life
- but stress makes it more difficult to use the skills we have
- Executive function and self-regulation skills are the mental processes that enable us to plan, focus attention, remember instructions, and juggle multiple tasks successfully
- We need this skill set to filter distractions, prioritize tasks, set and achieve goals, and control impulses.

How Can We Strengthen Core Life Skills in these stressful times?

- We use executive function and self-regulation to plan our day, or our outings
- We use executive function and self-regulation to navigate tasks like filling out paperwork and making decisions
- We use executive function and self-regulation to manage work, home, and caring/teaching our children
- We use these skills to remain calm

Developing supports to assist will help:

- Developing Priorities
- Making Lists
- Setting Reminders
- Pre-planning

- Focus on Basic Needs First



Question 3

Please share with us 1 item in your toolkit?



The good news is that over four decades of research on resilience shows that balancing the scale can buffer children from harm and increase the chances they adapt positively to adversities such as the COVID-19 pandemic.