Building Children’s Resilience

Parenting Resources · https://bridges4mentalhealth.org/hub/parenting-resources/building-childrens-resilience/

Summary: This video defines resiliency and highlights how the parent-child relationship is critical to building resiliency. Children who have experienced trauma do not just “bounce back”, they will need positive experiences and attuned caregiving to build resilience. The importance of learning how to proactively teach and model coping and social skills to children is emphasized. The video highlights the Building Blocks of Resiliency.

Application: This video is part of a training curriculum for foster, adoptive, and kinship parents. Children’s resilience is very connected to parent or caretaker’s resilience so parents should also watch the Building Parental Resilience video in conjunction with this video.

Source: National Training and Development Curriculum

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