



Resilient kids and families are more able to weather the storms of their lives and move forward.

There are many things families can do to build strength and resilience.

- How are you doing?
- Can you identify a person or persons in your life or your children's that is a role model or mentor?
- Do you feel connected to community or personal supports you can count on? (church, neighbors, friends)
- If you or one of your children is struggling with a mental health diagnosis, are you able to access reliable information and understanding of the situation?
- Does your child have a positive relationship with a trusted adult in school or community activities?
- Do you as a parent find time to care for yourself and balance your needs with the needs of YOUR family?
- Is there time for fun activities or hobbies that the family or child enjoys?
- When mistakes or problems occur, do you allow yourself and children to take a step back and accept that you can have a do-over?
- Do you and all your family share in taking care of yourselves, the home, and each other?
- Do you find it within yourself to dream and have hope and goals for yourself, family, and children?
- Are you able to have open discussions with your family that includes planning for achievable goals?

These are just some things that can help develop strong resilient families that can promote active healthy participation in their lives and futures.

Resources

Below are resources for more information about resilient practices:

- Allegheny County Coalition for Recovery (ACCR)
coalitionforrecovery.org/
- Childhood Resilience | SAMHSA (Substance Abuse and Mental Health Administration)
<https://www.samhsa.gov/homelessness-programs-resources/hpr-resources/childhood-resilience>
- 10 Tips For Raising Resilient Kids | Psych Central
<https://psychcentral.com/lib/10-tips-for-raising-resilient-kids/>

