

What is resilience?

Resilience is the ability to steer through serious life challenges and find ways to bounce back and thrive.

We are born with the capacity for resilience. But resilience is not something we have or don't have. We work on it throughout our lives starting in infancy.

We need both **outside supports** and **inner strengths** working together to build resilience.

Outside supports include:

- **caring relationships**
- **positive role models** in families and communities
- **community resources**



Positive role modeling by parents has a beneficial effect on young children and babies, too.

Inner strengths include:

- **self-control**
- **thinking skills**
- **confidence**
- **positive outlook**
- **responsibility and participation**



Who We Are

About Us

At **Reaching IN...Reaching OUT (RIRO)** we help adults and children *reach in* to overcome life's challenges and *reach out* to opportunities that promote resilience. Young children learn resiliency skills by watching adults model them. This simple idea is backed by more than 30 years of research.

Through our **evidence-based resiliency skills training programs**, we teach adults the skills they need to handle life's challenges with resilience and show them how to pass those skills along to children (birth to 7 years).

Our **free online resources** help people around the world learn more about building resilience and well-being in adults and children. Our websites for service providers and parents feature the RIRO Resiliency Guidebook, videos, articles, reports, posters, tip sheets and more.

Contact Us

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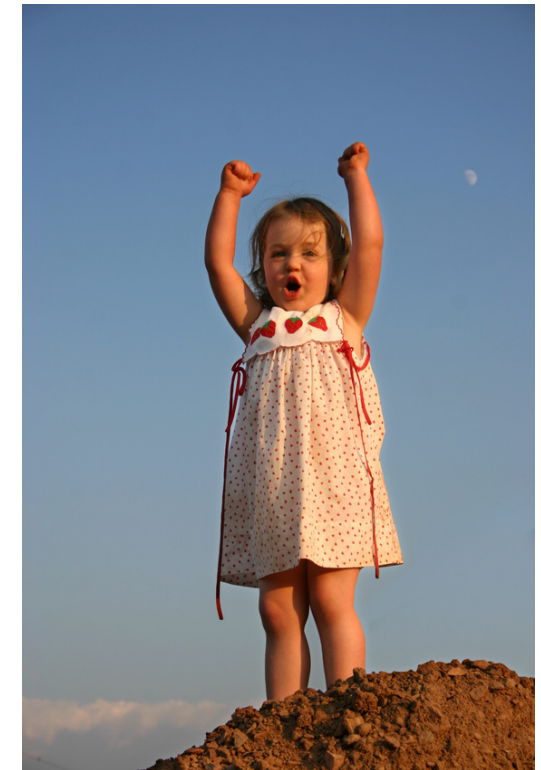
Websites:

www.reachinginreachingout.com (service providers)

www.reachinginreachingout.com/parents (parents)



...helping your child travel the 'Road of Life' with resilience



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**Reaching IN ...
Reaching OUT**

...building resilience in adults and young children since 2002

How you can build resilience in your child

The 'Road of Life' has many bumps, twists & turns. How can you help your child steer through life's challenges with resilience?

Build a close, loving relationship with your child. This is the most important thing parents can do to support children's resilience.



Caring relationships help children learn to regulate their bodies, feelings, attention, thoughts and actions. Self-regulation helps us handle difficult situations without getting overwhelmed.

- Comfort babies and older kids when they are upset.
- Put yourself in their shoes. Try to understand what they are going through.
- Give them attention and affection. Laugh, play and read together.
- Ask about their feelings and thoughts. Listen with interest.

Role model resilience. Children copy what adults say and do. Even infants! When parents cope well with everyday stress, they show their children how to do the same.

- Take deep breaths to stay calm & patient.
- Stop and ask yourself: *How else can I think about this? What else can I do?*
- Keep on trying when faced with setbacks.
- Look for positives.
- Reach out for support – asking for help is a sign of strength and mental health.

Self-control is an important part of self-regulation. It helps us handle strong emotions as well as wait for things we want and achieve our goals.

- Teach kids over three years to take deep breaths to calm down and focus their attention. Hold babies to your chest and breathe deeply to help them calm & relax.
- Help children practice waiting for what they want.
- Encourage kids to keep trying when they face obstacles and reach out for help when needed.
- Show kids there are no magic solutions to problems. Solutions often take time, planning and effort.

Thinking skills help us find new ways to look at situations and solve problems.

- Use empathy to gently challenge negative thinking. Help kids see that most problems are temporary and have solutions.
- Encourage flexible thinking. Talk together about other ways to see situations.
- Talk "out loud" when you are solving problems. Kids learn a lot by watching and listening. Babies understand what you say long before they can speak.
- Ask kids for their ideas about how to solve problems. Step back; let them try it out.
- Give kids plenty of time for unstructured play. This encourages creative problem-solving.

A positive outlook helps us deal with challenges and be optimistic about our future.

- Help kids appreciate 'simple pleasures' like spending time together or noticing beauty in nature.
- Have a good laugh. Humour brightens our outlook and naturally connects people.



Caring relationships help us get through life's ups and downs and build our resilience.

Confidence helps us believe we can overcome obstacles & solve everyday problems.

- Point out their strengths. Every child has them.
- Tell kids mistakes are part of learning. This motivates them to try new things.
- Offer encouragement. Help kids take small steps. Point out their progress.
- Offer choices. Even babies benefit from simple choices. It's the first step in learning how to make decisions.
- Help kids develop a positive cultural identity – through family traditions and stories of where they came from.

Helping others and participating in meaningful activities strengthens and motivates us.

- Teach children to help others. Encourage acts of kindness and compassion.
- Allow young kids to help at home. They gain skills and a sense of accomplishment.
- Nurture their interests and talents. This gives them a sense of purpose & direction.
- Encourage participation in school and community activities. This builds new relationships and boosts enjoyment in life.