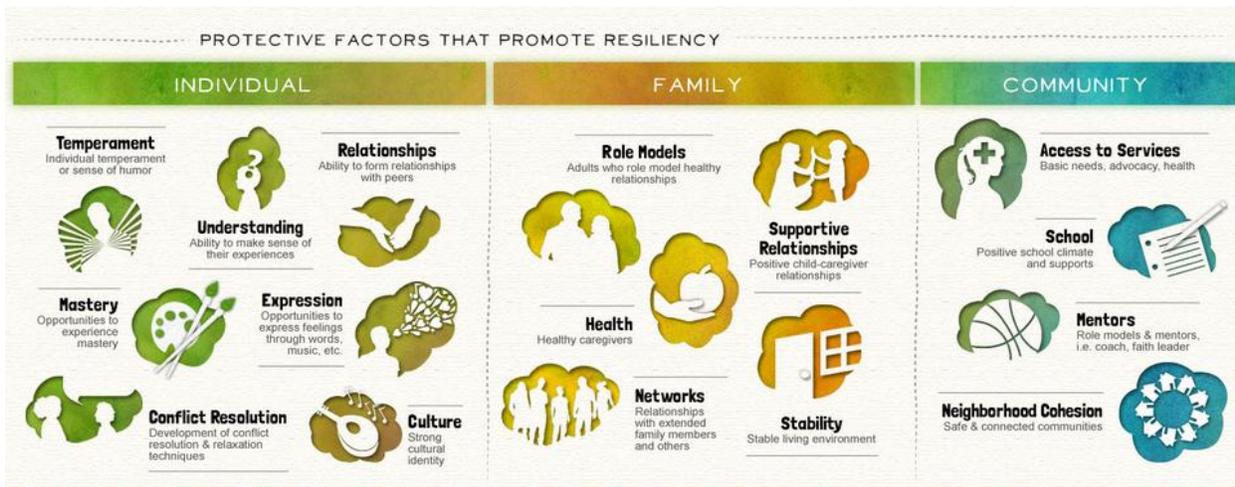


## Resilience in Early Childhood: A Guide

### Tips to Remember:

- **OUR GOAL:** reduce the effects of severe stress and build emotional strength in children.
- Resilience is an **on-going process of positively responding to one’s changing environment** versus an outcome.
- Behaviors are adaptations to challenges.
- A child’s behavior is a message/clue for how a child is protecting him/herself in another part of his/her life.
- **What WE Can Do:** Support children and help them fill their “toolbox” of internal and external resources to respond to a changing environment.

### Protective Factors:



Source: Futures Without Violence

### Individual:

- Temperament (sense of humor)
- Relationships (make friends)
- Understanding (make sense of what happens to you)
- Mastery (develop competence in a skill)
- Expression (express feeling and emotions through words, art, music, etc)
- Culture (strong cultural identity)
- Conflict Resolution (problem solve in social situations and relaxation techniques)

### **Family**

- Role Models (adults who will model healthy relationships)
- Supportive Relationships (positive child-caregiver relationship)
- Health (healthy caregivers)
- Networks (relationships with extended family)
- Stability (stable living environment)

### **Community:**

- Access to Services (basic needs, advocacy, health)
- School (positive school climate and support)
- Mentors (coaches, teachers, faith leaders)
- Neighborhood Cohesion (a safe and connected community)

### **Ginsberg's 7 C's of Resilience**

1. **Competence** (noticing children doing the right thing and giving them opportunities to develop important skills).
2. **Confidence** (helping kids learn to navigate the world, think outside the box, and recover from challenges)
3. **Connection** (other people, schools, and communities helps children thrive and develop their own sense of self)
4. **Character** (helping kids develop a clear sense of right and wrong)
5. **Contribution** (teaching kids about helping others; they will learn that contributing feels good and may therefore more easily turn to others, and do so without shame)
6. **Coping** (kids with a variety of healthy coping strategies will be less likely to turn to dangerous quick-fixes like challenging behavior when stressed)
7. **Control** (kids who learn the cause-and-effect of their actions will be more likely to make wise choices and feel a sense of control)