



Learning Objectives

1. Parents will understand what parental resilience is and what it looks like in their family.
2. Parents will understand why parental resilience matters to their family/child.
3. Parents will gain tools to help them plant and grow seeds of parental resilience.

What is Parental Resilience?

Parental Resilience is the ability to bounce back after something hard or unexpected happens. It's being able to deal with the stress of life and the stress of parenting.

It's your ability to keep yourself ok when you're going through a hard time.

It's not about *avoiding* hard things, it's being able to get through them.

It's having what you need to get through challenges. It's having positive coping skills.

It's surviving and thriving. It's learning and growing from your challenges.

Different situations can affect people differently. People can react different ways to the same situation. Parental Resilience looks different for everyone.

Parental Resilience is being able to be the person you want to be, even though hard things may have happened to you in the past.

Why is Parental Resilience important?

Parents who are resilient are able to take good care of their children even when they are experiencing a crisis.

Children learn about resilience by watching their parents practice resilience.

Resilient parents have empathy for themselves and others, keep a positive attitude, solve problems creatively, and take things in stride.

Resilience is different for everyone, and it can change over time.

Resilience can be built before a crisis happens, or built as a crisis is happening.