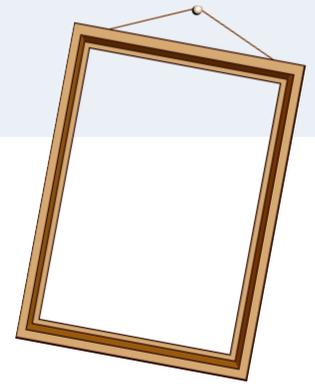


Reframing



Ask the parent to tell you a story about a recent time they have experienced stress or challenges. Ask them to share:

- What led up to the time
- What happened
- How the parent felt during the stressful time
- What actions the parent took

The home visitor should then reflect with the parent on their story, **reframing** the stressful time by focusing on the strengths and resiliency skills they heard the family utilize. The home visitor can use some of the keywords below to describe the parent's resilience strengths.

Resilience keywords: persist, recover, thrive, courage, intuition, learning, building, adapt, progress, commit, faith, manage risk, hope, strength, communication skills, acknowledge feelings, belief system, recognize challenges, take action, problem solve, gather resources, make positive choices, ask for help, prioritize needs

Why this activity?

This activity will be an opportunity for both the parent and the home visitor to reflect and identify the parent's resilience strengths. Identifying strengths can support the parent to be intentional about utilizing their skills during or before the next challenge they experience. They can also intentionally model these skills for their children. Additionally, the parent will increase their understanding about the resilience process, and understand that resilience is not something a person "just has."

"It has become clear that resilience, like competence, is a multidimensional construct, and one that changes over time and context." -Handbook of Infant Mental Health, 3rd Edition

Describing this activity to families

All parents will experience stress or challenges. Parental resilience is an ongoing process that all parents need in order to best manage the challenges and support their family to be strong.



Flourishing Further

- Make a "Stress Plan" with the family. Write down parents' strengths and draw/make a collage about how the family could handle an unexpected, stressful event, to include self-care and time for connection with the child.
- Talk with the parent about their child's resilience. Have them tell you about a time their child asked for help, was persistent, coped with stress, or problem solved.