

What can parents do for themselves?

# BUILDING FAMILY RESILIENCE

To Prevent and Mitigate Adverse Childhood Experiences

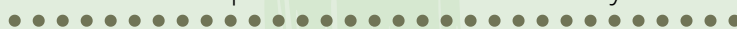
"The best thing we can do for the children we care for is to manage our own stuff." -Donna Jackson Nakazawa



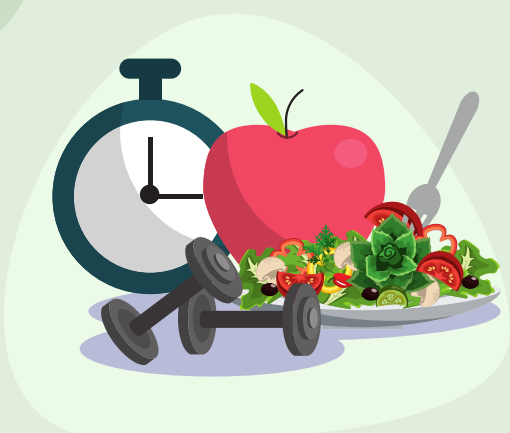
## Safety & Self-Care

Take care of yourself so you can take care of others:

- Take steps to create a safe space for you and your family. Seek help if you are experiencing domestic or community violence
- Make time to do your favorite things so you can be happy and present.
- Ask for help! No one can raise a family alone.



## Nutrition, Sleep and Exercise



- Eat healthy, nutritious foods that make you feel good.
- Establish routines and sleep 8 hours per night when possible.
- Exercise regularly to help build endorphins (happy hormones) and regulate your emotions.

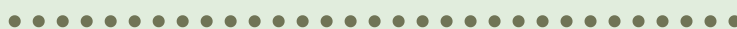


## Relationships & Community

Social isolation has a profound negative impact on caregivers. The feeling of facing parenting alone is scary and we all deserve support and adult conversation.



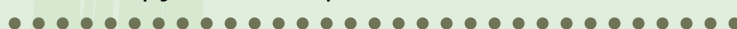
- Surround yourself with folks who make you feel valuable and want the best for you. Search for support and lean on it.
- Join community groups that center around your interests. Find a way to get involved.
- Help others! Volunteering is a good way to help others and increase social connections.



## Understand Your Own ACEs & Prioritize Your Mental Health



- ACEs tend to be passed down through generations. Break the cycle by understanding your own trauma and reactions.
- There are a variety of strategies and resources therapists/counselors can share with parents to help them understand and cope. Neurofeedback, family therapy, EMDR, meditation and talk therapy are examples of effective methods.



[kanehealth.com/AOK](http://kanehealth.com/AOK)

[click here for a list of local resources, including mental health organizations](#)

What can parents do for their children?

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Children don't say "I had a hard day, can we talk?"  
They say, "will you play with me?"  
-Lawrence Cohen



## Nurturing & Attachment

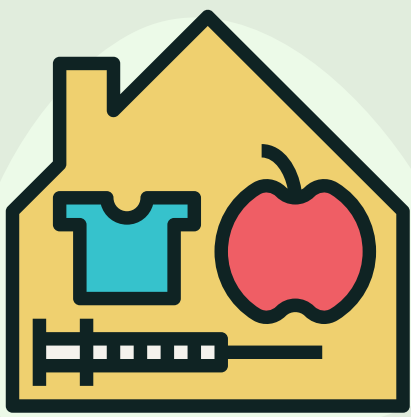
Research shows that children who receive nurturing and affection from a consistent caregiver have an easier time coping with stress and do better academically and behaviorally.

- Show that you are interested in them by asking questions and making special time.
- Celebrate their successes and missteps. Teach children how to learn from mistakes and get back up and try again.

## Concrete Supports

Do you and your family have all of your basic needs met? Stable housing? Employment? Food? Childcare? Access to health care? If not, there are many local resources available to cover basic needs and ease financial burden.

- Search the internet for the services you are looking for. [AOK Resource Guide](#).
- Ask teachers, social workers, case managers or others in the public sector where you can find help.



## Give your child positive experiences.

Research clearly shows that positive childhood experiences (PCEs) lower the odds of negative outcomes later in life. Examples of PCE's are:

- Feeling able to talk to family about feelings
- Feeling that your family stood by you during difficult times.
- Feeling safe and protected at your home.
- Enjoying participating in family and community traditions



## Let your child know that you'll always be there for them

- Encourage family dialogue and healthy coping skills.
- Make time for playing, learning and connection.
- Reduce shame and punishment in favor of teaching productive apologies, problem solving, and righting wrongs.

