

Resilient Family Checklist:



- Can manage stress and handle life's challenges.
- Use friends and family for help with parenting advice and finding resources.
- Know the needs of children at different ages and how to support their healthy development.
- Know how to help children get along with others and handle their strong feelings.

Seek Help if Your Child and You:

- ◇ Experience a family loss (relative, pet, friend, or other close person)
- ◇ Experience a severely disturbing event
- ◇ Observe a disturbing event
- ◇ Has trouble sleeping, eating, playing and doing usual things or is not the happy person you knew
- ◇ Can't bounce back with any life challenge



Ashland County Resource website:
www.ashlandhealth.com —click—For Community

Quick Tips for Talking with Professionals

Make the most working with counselors, doctors, teachers, child caregivers, or others.

1. Prep good questions ahead of time and make notes following meeting
2. Trust your instincts! If you don't understand or get clear answers, ask for more resources.
3. Think team approach. Always ask what you can do at home and how to work with your child.
4. Be positive-change, learning, healing takes time. Celebrate any progress.

Core Concepts For Building Resilient Children



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Resiliency is not inborn — children need adults to grow key life skills - to assure they handle peers, react calmly to challenges, & stay strong in adverse situations!

Check ways you are already doing these. Use creative ways within regular family times (at home, in the car, etc.) to increase them.

1. Opportunities for Helping

Children need opportunities to do things for themselves (ex: dressing, bathing) and help family members (ex: meal prep, pet care and house chores). Let them help others in the community (hold doors or step aside for senior citizens, help a neighbor unload groceries or participate in a fundraiser walk).



Benefits: The “heart” of emotional intelligence; the foundation for taking responsibility for one’s actions as well as empathy for others. The key for success in personal, work and family relationships. Develops caring, feeling capable and competent, thinking skills, and self control.

For the Family: Helps with family work and occupying children with positive activity.

2. Choices

Children learn to connect actions with consequences when they are allowed to make choices important to them, such as choosing their clothing, a dinner item or an outdoor activity.

Benefits: Builds positive will-power and self direction. Helps children understand limits and boundaries and following society’s rules. Key to helping children make wise choices to avoid negative consequences. Builds self esteem and confidence.

For the Family: Transfer responsibility to children as they grow, such as trusting an older elementary child to watch a preschool child as the parent shops. Move them to independence safely.



3. Regular Aerobic Activity:

Regular body movements are connected to thinking and emotional well being in the brain. Humans are born to move.

Benefits: A calming, coping skill and funnel for high energy. Helps turn brain energy to thinking and learning. Dissolves stress and promotes physical health.

For the Family:

Inexpensive fun family activity.

4. Quality Caregiver-Child Time

Basic for ALL humans—the need to connect with others. A strong adult-child bond is necessary for children to feel safe and secure. Essential fuel for human brain power.



Benefits: Builds self-worth and relationship skills that carry into adulthood. Helps a child become a good learner. Builds language skills for school learning. Adults provide a mirror for the child to try out their skills and reflect a positive self-image.

For the Family: Daily doses assure that each child gets attention. Caregivers get to know individual characteristics and needs of each child.

5. Family Routines

Human brains seek regular, repeated experiences. Predictable daily activities free children to focus on exploring and learning about the world and their place in it.

Benefits: Children feel safe and secure when they know what will happen during the day. This also fosters better eating and sleeping and promotes better learning brains.

For the Family: Calmer, more cooperative children with longer attention spans.

CHECK OUT our website

for more on resiliency family resources

www.ashlandmhrb.org/resources/families-and-children