Parental Resilience

The ability to recover from difficult life experiences, and often to be strengthened by and even transformed by those experiences.

Everyday Actions that Help Build Resilience

1. Demonstrate in multiple ways that parents are valued

2. Honor each family's race, language, culture, history and approach to parenting

3. Encourage parents to manage stress effectively

4. Support parents as decision-makers and help build decision-making and leadership skills

5. Help parents understand how to buffer their child during stressful times

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Questions to Consider

1. **What are some ways parents in your community are being valued during this crisis?**
   - What is one of the kindest things someone in your community has done for you during the current COVID-19 pandemic?

2. **How has your community, race, faith, culture or belief system helped you remain strong or feel valued during this crisis?**
   - How can we learn from each other to demonstrate diverse ways to cope with crisis?

3. **What are some ways that you can remind yourself to deal with stress effectively?**
   - How can you encourage others to do the same?

4. **Staying positive during times of crisis can be challenging. Our children and peers look to us for leadership. How do you find the courage to lead by example in your family and community?**
   - What do you need to know so that you can feel strong in being a parent during these times? How are you staying strong to face each day?

5. **As you face this COVID-19 crisis, what are some ways that you protect your child from being negatively impacted?**
   - Seeing this crisis from your children's eyes, what are some ways you are protecting them during this time? Both physically and emotionally?

Actions I Can Take

My Thoughts or Answers

1.
2.
3.
4.
5.

Everyday Actions that Help Build Social Connections

Social Connections

The ability and opportunity to develop positive relationships that lessen stress and isolation and help to build a supportive network.

Everyday Actions that Help Build Social Connections

1. Help families value, build, sustain and use social connections
2. Create an inclusive environment
3. Facilitate mutual support around parenting and other issues
4. Promote engagement in the community and participation in community activities

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Questions to Consider

1. During this time of social distancing, what are some ways you are finding to sustain your relationships with friends and family? (At the same time demonstrating your awareness of the risks involved with those at risk?)
   - In what ways have you become a support system to others during times of distancing?
   - What ways are you staying connected to those you love and care about?

2. Since we are all trying to respect what is being asked of us and practice social distancing, what kinds of virtual groups seem to be helpful to you?
   - What are you looking for in terms of support from virtual groups?
   - What are some positive things you've tried, that you want other parents to consider to build a network of support?

3. The COVID-19 crisis is definitely not something any of us planned on. It has brought up many unexpected challenges. What is the most critical support you need right now as a parent?
   - What have you learned about yourself, that might help inform the way you support other parents?

4. How is your community rising to the occasion in the COVID-19 crisis in a positive manner?
   - What has your community, family and friends done to ensure you're connected to virtual conversations and spaces to learn from others?
   - How is this working for those who cannot connect virtually?

Actions I Can Take

My Thoughts or Answers

1.

2.

3.

4.

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Knowledge of Parenting and Child Development

The ability to exercise effective parenting strategies to guide and know what to expect as children develop in multiple domains (physical, cognitive, language and social and emotional).

Everyday Actions that Help Build Knowledge of Parenting and Child Development

1. Model developmentally appropriate interactions with children
2. Provide opportunities to try out new parenting strategies
3. Provide information and resources on parenting and child development
4. Encourage exploration of parenting issues or concerns
5. Address parenting issues from a strength-based perspective

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Questions to Consider

Some of the Everyday Actions are combined in one question.

1 and 2 Learning happens in multiple ways. What are some of the things your family is doing to support your child's/children's learning during this crisis?

- In what ways have your children helped your family learn new ways of supporting each other?

3 What credible sources are you relying on to address your parenting concerns and to remain strong during this crisis?

4 and 5 What ways are you letting other parents know how strong they are?

Actions I Can Take

My Thoughts or Answers

1 and 2

3

4 and 5

Social and Emotional Competence of Children

Family and child interactions that help children develop the ability to communicate clearly, recognize and regulate their emotions and establish and maintain relationships.

Everyday Actions that Help Build Social and Emotional Competence of Children

1. Help parents foster their child's social emotional development
2. Model nurturing support to children
3. Include children's social and emotional development activities in programming
4. Help children develop a positive cultural identity and interact in a diverse society
5. Respond proactively when social or emotional development seems to need support

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Questions to Consider

1. How are you talking with your children about their BIG feelings?

   • Can you share any tools or specific activities you are using during this crisis that you use when you talk to your children about their emotions?

2. How are you balancing virtual nurturing (screen time, etc.) with emotional and physical nurturing?

   • What do your children seem to need the most right now?

3. What are some of the activities your community has set up to keep you engaged and allow you and your family to feel connected during this period of social isolation?

4. What are some of the ways that you are celebrating and acknowledging your child's unique strengths during this time?

   • How are your children feeling and communicating those feelings?

5. If you are sensing that your child needs more help than you can give them right now, what can you do to get to the next step?

Actions I Can Take

My Thoughts or Answers

1.

2.

3.

4.

5.

Everyday Actions that Help Build Concrete Support in Times of Need

Concrete Support in Times of Need
Access to supports and services that reduces stress and helps to make families stronger.

Everyday Actions that Help Build Concrete Suport in Times of Need

1 Respond immediately when families are in crisis

2 Provide information and connections to other services in the community

3 Help families to develop skills and tools they need to identify their needs and connect to supports

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Questions to Consider

1 Across the social-ecological model:
- What are the top three things you need right now?
- What are the top three things your family needs right now?
- What does your community need right now?
- What do you think our society will need to create a better normal in the post-COVID-19 world?

2 How are you staying informed about how to access services in your community?
- Do you feel ready to share with others?
- What are some of the concrete supports you have and what more do you need?

3 What are you learning about what it takes to handle a crisis?
- As an individual?
- In your family?
- As a community?

Actions I Can Take

My Thoughts or Answers

1

2

3

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