

# The good news is resilience can bring back health and hope!

## What is Resilience?

Resilience is the ability to return to being healthy and hopeful after bad things happen. Research shows that if parents provide a safe environment for their children and teach them how to be resilient, that helps reduce the effects of ACEs.

## Resilience trumps ACEs!

### Parents, teachers and caregivers can help children by:

- Gaining an understanding of ACEs
- Helping children identify feelings and manage emotions
- Creating safe physical and emotional environments at home, in school, and in neighborhoods

### What does resilience look like?

#### 1. Having resilient parents

Parents who know how to solve problems, who have healthy relationships with other adults, and who build healthy relationships with their children.

#### 2. Building attachment and nurturing relationships

Adults who listen and respond patiently to a child in a supportive way, and pay attention to a child's physical and emotional needs.

#### 3. Building social connections

Having family, friends and/or neighbors who support, help and listen to children.

#### 4. Meeting basic needs

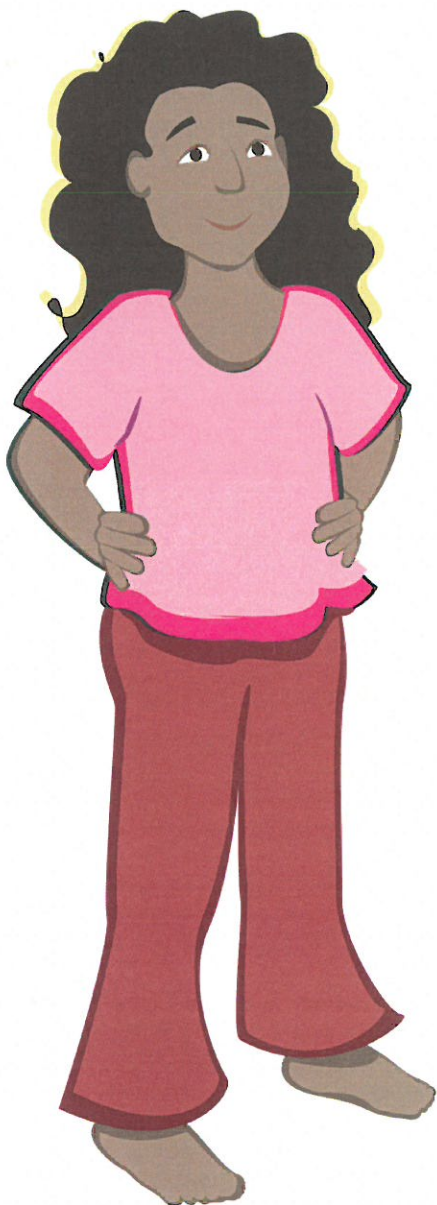
Providing children with safe housing, nutritious food, appropriate clothing, and access to health care and good education.

#### 5. Learning about parenting and how children grow

Understanding how parents can help their children grow in a healthy way, and what to expect from children as they grow.

#### 6. Building social and emotional skills

Helping children interact in a healthy way with others, manage their emotions and communicate their feelings and needs.



### Resources:

#### ACES 101

<http://acestoohigh.com/aces-101/>

#### Triple-P Parenting

[www.triplep-parenting.net/glo-en/home/](http://www.triplep-parenting.net/glo-en/home/)

#### Resilience Trumps ACEs

[www.resiliencetrumpsACEs.org](http://www.resiliencetrumpsACEs.org)

#### CDC-Kaiser Adverse Childhood Experiences Study

[www.cdc.gov/violenceprevention/acestudy/](http://www.cdc.gov/violenceprevention/acestudy/)

#### Zero to Three Guides for Parents

<http://www.zerotothree.org/about-us/areas-of-expertise/free-parent-brochures-and-guides/>