



Parental Resilience

What is it?

Parents who are emotionally resilient are able to bounce back during tough times and:

- Maintain a positive attitude most of the time
- Solve everyday problems creatively
- Model for their children how to manage daily stress

All parents have inner strengths to rely on when times are hard, but everyone needs a little time to recharge their balance of energy, patience, and sense of humor. When you take care of yourself in stressful times, your child learns healthy ways to cope with their own stress. So by taking care of yourself, you are giving your child tools to use over and over for the rest of their life. You will also be able to enjoy your parenting role more.

Family Check-In: How are you doing?

Circle how you are feeling right now about the question below:

I take time to care for my own health and wellbeing.

1

2

3

4

At least once
a year

About once a
month

Sometime
during the
week

Every day in
some way

Even though you are super busy as a parent of young children, it's still important to take a little "me time." Try one or all of the ideas below whenever you feel yourself going over the edge. Take a time-out all to yourself for a minute if your child is in a safe place, or try inviting your child to join you.

Five "Mini-vacations" to sprinkle throughout your day or week:

- 1 **Breathe** in while counting to five. Hold your breath to the count of five. Breathe out—all the way out—to the count of ten. Repeat.
- 2 **Stretch** as high as you can. Stretch your arms behind your back. Twist from side to side. Bend over and try to touch your toes. Then shake yourself all over like a rag doll to shake your stress away.
- 3 **Make yourself a cup of calming tea.** Sit back, and think of a time or place you felt happy and relaxed. While drinking your tea, focus on the smell, the warmth of your hands holding the cup, look closely at the color of the tea, and take time to really enjoy the taste and be in the present moment.
- 4 **Call someone** you like and share what is happening in your day. Take time to listen to how their day is going too.
- 5 **Go for a walk,** take a bath, read a book, or whatever makes you feel alive and relaxed.