

SIMPLE CONNECTIONS stronger families

**Check off all the things your family does
to build resiliency!**

Try and add something new each week!

Family resiliency is your family's ability to cope with life's challenges and to bounce forward from difficult times. In our family, we understand:

- Families provide a source of comfort and security.
- All families are unique and will cope differently with challenges.
- Relationships with caring, supportive people are important for your family's well-being.
- What are your family's strengths? Nurture them to help your family thrive.
- Every family has problems. Getting through them together makes your family stronger.
- A family is two or more people who depend on one another. Pets count too!

Taking care of yourself helps your family be resilient.

- Take 3 deep breaths to help manage strong emotions.
- Say hello to each person you pass today.
- Take a 10 minute walk every day.
- Write down 3 things you are grateful for.
- Do something for yourself today.
- Be kind to yourself.

A sense of togetherness builds family resiliency.

- Eat together as a family whenever you can.
- Play a game together instead of watching a movie.
- Take turns planning a weekend family activity.
- Learn about your family's culture and traditions and practice them often.
- Daily rituals like bedtime stories are comforting.
- Take time to relax together.

Healthy communication builds family resiliency.

- Talk about problems and brainstorm solutions together.
- Laughing together is a great way to feel close.
- Listen with understanding and empathy.
- When times are busy, use a car ride to talk.
- Explain the situation so everyone understands and knows what to expect.
- A hug may be more powerful than words.



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Positive parenting builds family resiliency.

- Celebrate the small, good things that happen each day.
- Be part of your child's activities and school community. Making mistakes is ok.
- Talk with your child about what they have learned.
- Decide on rules and consequences and stick to them.
- Apologize when you are wrong.
- Help your child understand and express their emotions.

Positive, healthy relationships build family resiliency.

- Work together as a team to make decisions.
- Celebrate good news together.
- Be honest about your feelings and listen openly to each other.
- Take interest in the things your partner enjoys or try something new together.
- It's ok to disagree. Be kind and respectful when you do.
- Show love and affection in the ways your partner likes.

Connections to extended family builds your family's resiliency.

- Find creative ways to connect with family (call – skype – facetime – social media – visit)
- Be a cheerleader for the children in your extended family.
- Ask your family elders to share their life stories.
- Plan events for the whole family to celebrate.
- Create a family photo album together
- It is a sign of strength to ask for and accept help.

Community connections build family resiliency.

- Volunteer for an activity you like or service you care about.
- Attend or organize an event in your community.
- Call 811 for health information. Call 211 for community services and supports.
- Explore the programs in your community and share what you find out with others.
- Invite your neighbours to go to the park.
- Pass on toys or clothes that you've outgrown to others.



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