

**we fall.
we break.
we fail.**

but then,

**we rise.
we heal.
we
overcome.**



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**RESILIENT
HILLSDALE
COUNTY**
HOPE AND HEALING

Inspiring HOPE

By educating the community on the
impact of trauma and supporting
efforts to build resilience



Building Resilience in Children

We are in a new ERA
in Hillsdale County

E's: Event, Experienced, Effects
R's: Realizes, Recognizes, Responds, Resist
A's: Ability, Adversity, Adapt

What is Trauma?

Individual trauma results from an **event**, series of events, or set of circumstances that is **experienced** by an individual as physically or emotionally harmful or life threatening and that has adverse **effects** on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.

What is Trauma-Informed Care?

Trauma Informed Care is an organizational structure and treatment framework that **realizes** the widespread impact of trauma and understands potential paths for recovery; **recognizes** the signs and symptoms of trauma; and **responds** by fully integrating knowledge about trauma into policies, procedures, and practices, and seeks to actively **resist** re-traumatization.

What is Resilient?

Refers to the **ability** of an individual, family, or community to cope with **adversity** and trauma, and **adapt** to challenges or change.

Building Resilience in Children

1. **Provide play time and quiet time daily**

Teach kids healthy self-care habits early. Plan time to play and laugh. Even 5-10 minutes of quiet time every day helps them calm and become good listeners for others.

2. **Give children opportunities to be with others**

After school and on weekends create opportunities for being with other kids and safe adults. This helps them learn about themselves and others.

3. **Teach children to give back**

Create opportunities for serving others. It could be as simple as helping a sibling or parent with a task, helping a neighbor, or doing something helpful at school.

4. **Model balanced eating and sleeping**

Provide foods that are healthy and create a bed time routine that allows your child to get at least 8-9 hours of sleep each night (10-12 for infants/toddlers). Sleep and eating routines make children feel safe and set them up for success.

5. **Encourage "feeling" talk**

Encourage kids to talk about feelings.

Adults can help children label and name their feelings. It is never too early to start doing this – babies need it, too. Encourage children to express a range of emotions.

6. **Find the positive**

Teach children that there is always something positive in every situation. Help them identify the positive.

7. **Explore their environment**

Help children to explore their environment, create new experiences and possibilities. This helps to broaden their perspective of the world.

8. **Cultivate meaningful relationships**

Each child needs a meaningful relationship with at least one safe adult. This creates emotional and physical safety, and teaches children the importance of connection with others.

