

Resiliency tips for Facebook:

Intro: Sheridan School District is committed to serving the whole child. Adverse Childhood Experiences (ACEs) are a part of childhood for many students. You can learn more about ACEs here: <http://www.npr.org/sections/health-shots/2015/03/02/387007941/take-the-ace-quiz-and-learn-what-it-does-and-doesnt-mean> In our school system, we work to provide resiliency support for students to help them overcome ACEs. As parents, you're a valuable partner in this work. We'll be featuring resiliency tips for parents on our Facebook in the coming days. Please consider making these tips a part of your family routine to help your child grow into a happy, and healthy, adult.

Resiliency factor: "I believe my mother loved me when I was little." "I believe my father loved me when I was little." Knowing he/she is loved is an important part of childhood. Take time to say, "I love you," every day. I love you messages matter!

Resiliency factor: "When I was little, other people helped my mother and father take care of me and seemed to love me." Family and friends matter. Talk to your children about how their aunts/uncles/grandparents and other family members love and care for them. Feeling supported by others matters!

Resiliency factor: "I've heard that when I was an infant someone in my family enjoyed playing with me and I enjoyed it too." Open up photo albums and download pictures of your child as a baby playing with others. Show children how much they were loved as babies. Tell happy stories about people loving them as babies. Fun family memories matter!

Resiliency factor: "When I was a child, there were relatives in my family who made me feel better if I was sad or worried." Take feelings seriously. If a child is sad, take time to comfort and reassure him/her. Remind your child of the many people he/she can turn to if sad or afraid and in need of help. Feelings matter!

Resiliency factor: "When I was a child, neighbors or my friends' parents seemed to like me." Be kind to your neighborhood children and your children's friends. Smile when you see them, laugh at their jokes, and enjoy their presence. Healthy relationships matter!

Resiliency factor: "When I was a child, teachers, coaches, youth leaders or ministers were there to help me." Knowing he/she has a large support group is important to a child. Take time to get to know the adults in your children's lives and remind students of the many people available to help them when they need assistance. Relationships matter!

Resiliency factor: "Someone in my family cared about how I was doing in school." School is serious business for a child. Take time and ask about your child's school day. Ask what he/she is learning. Read his/her writing. Read with your child. School matters!

Resiliency factor: "My family, neighbors, and friends talked often about making our lives better." Hopes and dreams aren't just for children, we all need them. Share your goals with your child. Tell your children your dreams for your future and their futures. The future can always hold promise and children need to know better times are to come. Dreams matter!

Resiliency factor: "We had rules in our house and were expected to keep them." Structure is important to a child. Knowing what is, and isn't, acceptable, is an important part of development. Set parameters for behavior in your home and be sure your child understands the rules. Structure matters!

Resiliency factor: "As a youth, people noticed that I was capable and could get things done." Complement your child on a job well done. Remind your child that his/her actions matter to you. Confidence matters!

Resiliency factor: "I was independent and a go-getter." Praise your child when he/she does a chore without being asked or follows a rule without being reminded. Initiative matters!

Resiliency factor: "I believed that life is what you make it." When times are tough, look on the bright-side and show your child how to make the best of a bad situation. Attitude matters!