Resilience is the ability to adapt to change and persevere in the face of adversity. Resilience can be recognized and fostered at multiple levels: the individual child level, family, school/program or community level. Examples of characteristics that foster resilience at various levels include:

- **Child level:** strong social and emotional skills, age appropriate skills
- **Family level:** age appropriate limits for their child, strong and secure attachments, regular routines, understanding child development
- **Program:** skilled caregivers who understand developmentally appropriate practice and engage and support families
- **Community:** safe spaces for children and families, welcoming and supportive community resources that match the needs of children and families, social networks for families

Early childhood is a critical window of opportunity to support young children’s resilience.1

1 (Beardslee, Avery, Ayoub, Watts, & Lester, 2010)
Strong comprehensive early childhood programs are in a key position to acknowledge and support resilience in children and families. Resources in this issue of the Strong Foundations in Mental Health for Social and Emotional Well-being Newsletter focus on promoting resilience for children and the adults that care for them.

**For Practitioners**
These resources are developed for staff and consultants working in early childhood settings. Some resources may also be useful to families.

**1*2*3 Care - A Trauma-Sensitive Toolkit for Caregivers of Children**
This toolkit was developed by public health nurses with the Spokane Regional Health District (SRHD) Weaving Bright Futures Program with the hopes of “improving the resilience of caregivers, as well as that of the children in their care.” The resource is intended to support caregivers on their journey towards trauma sensitivity. It is organized by topic, each offering a brief overview, specific tools that can be used with children, and suggestions on where to find more information. Also included are handouts that can be used as teaching aids. Each toolkit topic builds upon the previous ones.

**8 Things to Remember about Child Development**
This tipsheet explores the relationship between early experiences, relationships and resilience. The list, featured in the *From Best Practices to Breakthrough Impacts* report, the Center on the Developing Child sets the record straight about some aspects of early child development.

**Family Connections Training Module One**
The three trainings offered in module one of Family Connections focus on information, skills, and strategies for better parent engagement. The trainings are designed to build an environment where participants feel supported in learning new skills and information through the opportunity to discuss their day-to-day experiences in Head Start. These trainings incorporate a “workshop feel” in which all participants are encouraged to reflect, to connect what is meaningful for them, and to grow. The modules contain directions for presenting the specific trainings, handouts and questionnaires designed to receive feedback on each. Family Connections is a preventive, system-wide mental health consultation and training approach designed to strengthen the capacity of Early Head Start and Head Start staff.

**Fostering Resilience in Families Coping with Depression: Practical Ways Head Start Staff Can Help Families Build on Their Power to Cope**
This Short Paper from Family Connections includes a discussion of what resilience is and why fostering resilience in families is a powerful way to promote mental health. Family Connections is a preventive, system-wide mental health consultation and training approach to strengthen the capacity of Early Head Start and Head Start staff.
**InBrief: The Science of Resilience**
This brief from the Center on the Developing Child summarizes the science of resilience and explains why understanding it will help design policies and programs that enable more children to reach their full potential.

**Mindfulness: A Resilience Practice**
This professional development module is designed to help early educators discover the impact of stress and the way that mindfulness practices can help adults and children become more resilient. The package includes a presentation, presenter’s notes and other resources to facilitate a one hour and forty-five-minute session. This learning module is a highlight of a higher education course from the EarlyEdU Alliance.

**Supportive Relationships and Active Skill-Building Strengthen the Foundations of Resilience**
This working paper from the National Scientific Council on the Developing Child explains how supportive relationships with adults help children develop “resilience,” or the set of skills needed to respond to adversity and thrive.

**For Families**
These ready to print resources are specifically developed for families with young children.

**Building Resilience in Young Children: Booklet for parents of children from birth to six years**
Building Resilience in Young Children is a resource to help you boost your child’s ability to bounce back from life’s challenges and thrive. It is filled with up-to-date information, helpful tips, parent stories, and links to other resources. The ideas and resources are based on research and have been tested by parents.

**The Ability to Cope: Building Resilience in You and Your Child**
This Short Paper from Family Connections includes a discussion of what resilience is and why fostering resilience in oneself and children can promote mental health.

**Self-Reflection in Parenting: Help for Getting Through Stressful Times**
This Short Paper from Family Connections includes a discussion about the benefits of using self-reflection as a parent, especially when facing stressful times, as well as strategies for practicing self-reflection.

**Make Sure to Check out these Multi-Media Resources Focused on Promoting Resilience**

**InBrief: Resilience Series**
These three videos from the Center on the Developing Child provide an overview of why resilience matters, how it develops, and how to strengthen it in children.

**Promoting Resilience and School Readiness: What Does It Take? Plenary**
View this webcast from the Office of Head Start’s 2nd National Birth to Five Leadership’ Institute to learn more about promoting resilience in Head Start and Early Head Start programs.

**Tipping the Scales: The Resilience Game**
Explore this interactive feature from the Center on the Developing Child, to learn how the choices we make can help children and the community as a whole become more resilient in the face of serious challenges.
MyPeers: A Collaborative Platform for the Early Care and Education Community

MyPeers is an online social and learning network for Head Start and Early Head Start program staff and partners to dialogue and share thoughts. This is a virtual community for exchanging ideas, sharing resources, and lending support to the early childhood community.

Currently, the NCECHW have the following open communities on MyPeers:

1. Child Care Health Consultants
2. Health, Safety and Wellness
3. I am Moving I am Learning (IMIL)
4. Staff Wellness
5. and two state-specific early childhood health communities for Oregon and South Dakota.
6. Mental Health Consultation Community (soon to open)

To join one of these communities, register at http://www.123contactform.com/form-2230355/My-Peers. Once registered, you will be able to join new communities to meet your specific needs.

Please watch your email for announcements from the National Centers or others as they initiate new communities.

The National Center on Early Childhood Health and Wellness welcomes your feedback on this newsletter issue, as well as your suggestions for topics for future issues. Please forward your comments to The National Center on Early Childhood Health and Wellness Feedback health@ecetta.info or call 866-227-5125.

Subscribe or view all issues of the Mental Health Services Newsletter on the Early Childhood Learning and Knowledge Center at http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/newsletters/newsletters.html.

School readiness begins with health!