



NATIONAL CENTER ON
Early Childhood Health and Wellness



Promoting Resilience

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

Child: strong social and emotional skills, age appropriate skills

Family: 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

Strong, comprehensive early childhood programs are in a key position to promote resilience in children and families. Resources listed here encourage resilience in children and the adults who care for them.



Resilience can be developed at any age, but earlier is better.

For Practitioners

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

8 Things to Remember about Child Development

This tip-sheet explores the relationship between early experiences, relationships, and resilience. Featured in the report, [From Best Practices to Breakthrough Impacts](#) from the Center on the Developing Child, this list sets the record straight about some aspects of early child development.

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: Resilience Video 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.

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 build resilience in early educators via mindfulness practices. 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.



Promoting Resilience in Children, Families, Staff, and You

Resilient people of all ages are better able to cope with stress, adversity, and change. This webinar focuses on the concept of resiliency and practical ways to promote it.

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.

Resilience Booster: Parent Tip Tool

Parents can use these tip sheets to reduce the effects of stress and to help their children develop resilience.

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

Be sure to review the resources in the handout Reducing Stress for more strategies on building resilience!



NATIONAL CENTER ON

Early Childhood Health and Wellness

Contact Us: The National Center on Early Childhood Health and Wellness welcomes your feedback as well as your suggestions for topics for future resources!

Please forward your comments to: health@ecetta.info or call us at 888-227-5125.

School readiness begins with health!