



## **BUILDING RESILIENCE WITH YOUR CHILD**

### *Using Characters from TV and Books*

As a parent you care about your child more than anyone! You have a big job – you help them grow, learn, and keep them safe. But some things are out of your control. Things like: Illness, loss of loved ones, crime in the community, or terrorism in the news are just a few examples.

It is not always possible to protect our kids from all these things, but we can help them learn how to bounce back when things are hard, confusing, or painful. Babies are naturals at pushing through. They are likely to get up when they fall and try something 100 times before they get the hang of it. As babies grow, they sometimes lose this gift. Parents, you can help your child continue to **BE RESILIENT, DO HARD THINGS, AND IN TIME DO THEM WELL!**

**Resilience** is the bounce back after a tough time or change. You can help your child build resilience in everyday moments that they can use later as adults.

Characters in books and on TV can be examples of practicing resilience. You can read about these characters or watch them in a show or movie. Talk to your child about how the character showed resilience and apply it to a real-life situation. You can help your child think of ways they too can bounce back like the character did.

#### **Unsure how to get the conversation started? Try using these questions with your child!**

- What happened to the person in this story?
- How did the person react to the hard or scary thing that happened, at first?
- What did the person do to get through the situation?
- What would you do if you were in that situation?
- What would be hard or easy for you to do if you were in the story?
- What did the person learn by the end of the story?
- What could you do to help a friend going through something hard or scary like that?

You can also use these questions to talk about characters in your child's favorite tv show or movie. The goal is to show your child examples of people or characters facing hard things in life and working through it. Talking about those examples will help your child gain ideas and tools to manage challenging situations that they might experience too.

**Here are some books to read with your child about resilience:**

**Board Books (0-toddlers)**

- The Little Engine That Could by Watty Piper
- Whistle For Willie by Ezra Jack Keats

**Board Books (Pre-K)**

- Click, Clack, Moo: Cows That Type by Doreen Cronin
- The Paper Bag Princess by Robert Munsch
- I am Strong: A Little Book About Rosa Parks by Brad Meltzer
- I AM! Affirmations for Resilience by Bela Barbosa

**Picture Books (Pre-K to 3<sup>rd</sup> Grade)**

- The Adventures of Beekle: The Unimaginary Friend by Dan Santat
- The Hugging Tree: A Story about Resilience by Jill Neimark
- A Chair for My Mother by Vera B. Williams
- The Magnificent Thing by Ashley Spires (grade preschool to 2, reading level 3-7)

**For more book ideas, visit the links below:**

<https://afineparent.com/positive-parenting-faq/childrens-books-about-resilience.html>

<https://www.noodle.com/articles/10-picture-books-that-teach-grit>

<http://www.readbrightly.com/books-activities-that-teach-kids-resilience/>

<http://www.readbrightly.com/books-help-children-grief-loss/>