

Holding Space: Let's Talk About Resilience

Resilience can be thought of as the process of adapting and bouncing back after a significant event or period of difficulties, as well as knowing how to cope in spite of setbacks, barriers, stress, or limited resources.

Definition adapted from: The Devereaux Center for Resilient Children, The Strengthening Families Protective Factors Framework

The COVID-19 crisis has given us months of stress, change, and uncertainty. During this time, early childhood education professionals and families have come to depend on each other in new ways and created new routines for daily life. Now, we anticipate yet another change: transitioning back to work, child care, and a familiar-yet-different way of life.

As we contemplate this new transition, we may find ourselves wondering about our children: How has this experience affected them? What emotions, behaviors, and reactions might we expect to see? How can we support children's social-emotional growth so that we can all become more resilient?

The Pennsylvania Key Infant-Early Childhood Mental Health Program offered *Holding Space: Let's talk about: Reassurance, Regulation, Relationships, Resilience*, a series of online discussion groups to allow early childhood education professionals and families to connect and gain new insights about how to support ourselves and our children during this transition.

Check out the resources below to support resilience.

Resources for Early Childhood Education Professionals

Building Resilience in Young Children: Short article and video (3:52 min) for parents about Characteristics of Resilient Children and How to Build Resilience
papromiseforchildren.com/building-resilience-in-young-children/

Resilience Speaker: Video Exercise for When Things Aren't Going Your Way, Try Another Way (3:12min.)
Something to consider when children return to classrooms
www.youtube.com/watch?v=t9tATBD1oxs

Building Resilience in Children: Short article with the 7 C's of resilience to help children recognize their abilities an inner resource
<https://bit.ly/2XgRccT>

Building Resilience in Young Children: FOCUS on Early Childhood Mental Health (1 pg. handout with tips)
<https://bit.ly/2ZnnQfk>

The Pennsylvania Infant Early Childhood Mental Health Consultation (IECMHC) Program is a child-specific consultative model which addresses the social-emotional development of young children within their early childhood education program. For more information, visit www.pakeys.org.



Reduce Stress. Cope in Times of Uncertainty. Build Resilience: HOPE for Adults (1 pg. handout with tips)-
Center for Optimal Brain Integration
<https://bit.ly/2LNYDCR>

Resilience Starts with YOU infographic. The “Pitcher”, The “Cups” (Devereux Center for Resilient Children)
<https://bit.ly/2zSttaN>

Resources for Families

Building Resilience in Young Children: Short article and video (3:52min.) for families about Characteristics of Resilient Children and How to Build Resilience
promiseforchildren.com/building-resilience-in-young-children/

Tips for Parents – Building Your Children’s Resilience! Video from Devereux Center for Resilient Children (3:59min.)
www.youtube.com/watch?v=ChxSeaoWNMs&feature=youtu.be

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