

## The good news is resilience can bring back health and hope!

### What is Resilience?

Resilience is the ability to return to being healthy and hopeful after bad things happen. Research shows that if parents provide a safe environment for their children and teach them how to be resilient, that helps reduce the effects of ACEs.

### Resilience trumps ACEs!

#### Parents, teachers and caregivers can help children by:

- Gaining an understanding of ACEs
- Helping children identify feelings and manage emotions
- Creating safe physical and emotional environments at home, in school, and in communities.



### What does resilience look like?

#### 1. Having resilient parents

Parents who know how to solve problems, who have healthy relationships with other adults, and who build healthy relationships with their children.

#### 2. Building attachment and nurturing relationships

Adults who listen and respond patiently to a child in a supportive way, and pay attention to a child's physical and emotional needs.

#### 3. Building social connections

Having family, friends and/or neighbours who support, help and listen to children.

#### 4. Meeting basic needs

Providing children with safe housing, nutritious food, appropriate clothing, and access to health care and good education.

#### 5. Learning about parenting and how children grow

Understanding how parents can help their children grow in a healthy way, and what to expect from children as they grow.

#### 6. Building social and emotional skills

Helping children interact in a healthy way with others, manage their emotions and communicate their feelings and needs.

For further information and available support:

[www.blackburn.gov.uk/Pages/aces.aspx](http://www.blackburn.gov.uk/Pages/aces.aspx)

[www.blackburn.gov.uk/Pages/Family-support-help-for-troubled-families.aspx](http://www.blackburn.gov.uk/Pages/Family-support-help-for-troubled-families.aspx)

Or please speak directly to your child's school.

