



HOW CAN YOU BOUNCE BACK?

Following a traumatic event, it is important to help our children develop the resiliency to move beyond the adversity. Resiliency is a skill that can be learned and must be practiced in order for our children to continue learning, growing, and thriving.

Here are some suggestions to help your child build their resiliency:

- **Encourage your child to think about the good.** No matter how bad the situation is, there is always something to be thankful for. Help your child to look for something that makes them smile, such as the sun that is shining, the smile on the face of a friend, or the silliness of a funny animal video on the internet
- **Set aside time for your child to express their feelings.** Encourage your child to talk, write, draw, dance, sing, or listen to music to help them identify, accept, and express their feelings
- **Help your child remember that all things change.** Talk about difficult times that you've moved through as a family or things your child used to find hard to do (like learning to walk as a toddler) that now are easy for them. Show your child pictures of themselves when they were younger and talk about the ways that they have grown and will continue to grow
- **Ask your child what they are good at.** Everyone is good at many different things. Help your child identify their strengths and use these strengths to grow stronger
- **Encourage your child to love themselves just the way they are.** Being kind to oneself is especially important following a difficult event
- **Model resiliency for your child.** Talk about the hope you have and a goal you have to help you feel better. Children look to adults for reassurance that everything will be okay

While resiliency is important for recovering from a traumatic event, it is important to note that every child bounces back in their own way and in their own time. Allow your child the time they need.