



An Ounce of Prevention

A Quarterly Mini Newsletter

Child Abuse Prevention Coordinating Council
of Humboldt County

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Helping Humboldt County Soar! Building Resiliency



What is resiliency?

- The skills and coping abilities to be prepared to handle tough times when they come.
- The ability to cope while going through the tough times.
- The ability to bounce back or recover when the tough times ease.

Three Sources of Resiliency

According to Edith Grotberg of the International Resiliency Project, to overcome tough times, children draw from three sources of resilience:

I HAVE	<ul style="list-style-type: none"> • People around me I trust and who love me, no matter what • People who set limits for me so I know when to stop before there is danger or trouble • People who show me how to do things right by the way they do things • People who want me to learn to do things on my own • People who help me when I am sick, in danger or need to learn
I AM	<ul style="list-style-type: none"> • A person people can like and love • Glad to do nice things for others and show my concern • Respectful of myself and others • Willing to be responsible for what I do • Sure things will be all right
I CAN	<ul style="list-style-type: none"> • Talk to others about things that frighten me or bother me • Find ways to solve problems that I face • Control myself when I feel like doing something not right or dangerous • Figure out when it is a good time to talk to someone or to take action • Find someone to help me when I need it

For the entire article: <http://resilnet.uiuc.edu/library/grotb95b.html#chapter1>

Here are 5 things you can do to help children in your care be better prepared for the tougher times in life:

- 1) **Be warm and loving:** Just because you care about the children in your life, it doesn't mean they know it. Children need parents and other caregivers to listen, say kind things and give them lots of hugs!
- 2) **Provide a safe and structured routine:** Children need bedtimes, limits and clean and healthy places to live and learn.
- 3) **Help children connect to others:** Contact with extended family members, faith based communities and group activities such as playgroups for the little ones and sports teams for the older children help build their sense of community and support.
- 4) **Make sure there is plenty of time to laugh and play in an active way:** This helps reduce stress, promotes brain development and encourages good health habits. This means limiting the amount of time children spend in front of a screen (TV, video games, & computers).
- 5) **Reach out to others when you as a parent or other caregiver need help:** Raising children can be a tough and lonely job. The better your support system, the better able you will be to give children the care they need. Plus, all of us have times when children we care about seem ill, are acting out or seem off track and we need help understanding what is going on.



Research show that children who have parent and caregivers who do the five things described above are more resilient. In other words, they are better prepared to handle stress, are less negatively affected during tough times, and bounce back faster afterwards.

For more information about resiliency see: <http://cecp.air.org/familybriefs/docs/Resiliency1.pdf>

PROMOTE RESILIENCY BY HAVING FUN! THINGS TO DO WITH CHILDREN...

Turn your own back yard or neighborhood into a science lab.

Believe it or not, there may be many things your own back yard just waiting to be “discovered.” You and your child could pretend that you’re scientists or on a safari. You can roam your yard or perhaps the neighborhood in search of specimen from average to the unique, whether it be a multi-colored rock, a lady bug, dragon fly, or a beautiful leaf. Items could be collected and observed in a plain jar. Don’t forget to release living creatures in a safe place.

Take a trip to your local library. Not only will you find books on just about every subject, our local libraries have activities geared to your children’s ages. For more detail go to: <http://co.humboldt.ca.us/library/events/events.asp?target=children>

Visit your local park and simply delight in play. You and your children could pretend that you’re in a land that you read about while visiting the library and simply imagine and play the afternoon away. The annual

Humboldt Kid’s Digest has a list of all of the playgrounds and parks in our county. Go to www.101things.com.

Help those in need by volunteering together. While this activity may be free for you and your child, the person or persons on the receiving end of your time, generosity and kindness stand to gain more than you may ever know. Whether you and your child volunteer at a soup kitchen, make blankets for hospitalized children or create colorful cards to send to seniors or soldiers, the learning and fun potential is endless.

Visit a museum together. Did you know our county has 19 museums? Is your child interested in trains, boats, machines, rocks, art? There are museums covering many interests. See the Kid’s Digest for a complete listing.

Adapted from “Brightminds”. For more ideas go to: <http://brightminds.wordpress.com/low-cost-to-no-cost-educational-yet-fun-things-to-do-with-your-child/>