

Resiliency

Resilience in infants/young children is fostered through healthy relationships, supportive communities and the prevention of adversity.

Resilience is not a 'fixed trait'; it can be promoted, strengthened or compromised throughout the lifespan. A person's ability to remain resilient in the face of adversity is dependent upon the presence of protective factors within themselves, their relationships and the society in which they live.



Take it Further...

Learn about it... Resiliency (p.17 EYMH Common Message Paper)

Resiliency is the ability to 'bounce back' from life's inevitable pressures and hard times.

Resiliency helps us to handle stress, overcome childhood disadvantage, recover from trauma, reach out to others and learn and grow from life's experiences.

Access to stable, supportive, caring relationships is central to a child's ability to develop resiliency.

With the help of supportive caregivers, positive stress experiences can be 'growth promoting'.

The capacity for developing resiliency can be strengthened at any age.

Take a deeper dive. Watch the following videos:

[InBrief: What is Resilience?](#)

[InBrief: The Science of Resilience.](#)

[InBrief: How Resilience is Built](#)

Play the [resilience game](#) and learn how you can build resiliency in your community.

Familiarize yourself with the self-regulation resources found online at the [Canadian Self-regulation Initiative](#) which can help promote resiliency in infants/young children.



Talk about it... Tell caregivers and colleagues about resiliency

Resilient individuals are:

- Healthier and live longer
- Happier in their relationships
- Less prone to depression
- More successful in work/school.

Children are more likely to be resilient when they have:

- Strong, supportive adults in their lives who model resiliency, both within the home and their community.
- A faith base and engage in cultural traditions.
- A positive outlook including coping strategies, self-regulation and positive thinking habits.

Children need opportunities to develop the following inner strengths to support their resiliency:

- A sense of self-efficacy and control over what happens to them
- Confidence in their developing abilities
- Responsibility for making age appropriate contributions to family life.

Try it... Moving from knowledge to practise

Encourage caregivers to:

Nurture and strengthen faith and cultural traditions as a means of building resiliency and responding to adversity.

Learn about [Mindful Parenting](#) (may take a while to open this link).

Explore the [Resiliency Resources for Parents](#) which includes videos and parent friendly tip sheets on the following:

- | | |
|------------------------|--------------------------------|
| • Caring Relationships | Positive Role Models |
| • Community Supports | Self-control |
| • Thinking Skills | Confidence |
| • Positive Outlook | Responsibility & Participation |

Check out the [Kids Have Stress Too! Tool Box Activities](#). A series of downloadable tip sheets that help promote positive coping/adaptive strategies in young children.

Build [Developmental Assets® \(DA\)](#) in young children. DA are the positive experiences that all children need in order to reach their full potential...the more they have, the more likely they are to thrive.

Support families by:

Address [health equity](#). Interventions focused on improving living conditions and addressing social and economic disparities, Social Determinants of Health, can foster resiliency in individuals, families and communities.

[Halton's Service Coordination Model](#) is a first step in addressing health inequity and promoting resiliency.

For more detailed information go to [Social-Emotional Development in the Early Years: A Common Message Paper \(2nd, Ed.\)](#), published by the Halton Early Years Mental Health Committee (EYMHC) to provide professionals with common messages on early social-emotional development.

EYMH Committee members:

Halton Region Health Department
Halton Region Social and Community Services
Reach Out Centre for Kids (ROCK)
Halton Children's Aid Society

ErinoakKids Centre for Treatment and Development
EarlyON Child & Family Centres
Community Living Burlington

Our Kids Network (OKN) and EYMHC work in partnership to manage the [Early Years Mental Health Toolkit](#) on the OKN website.