

RAISING RESILIENCE

REVILLA ISLAND RESILIENCE INITIATIVE

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RAISING RESILIENCE

Will feature facts about healthy brain development, information on preventing childhood trauma, and tips on how to build healthy relationships between kids and caring adults. Resilient families and communities mean better outcomes for everyone!

PARENTAL RESILIENCE



We've all been there! Stress is a normal part of life. However, feelings of constant helplessness, anxiety, or hopelessness have lasting impacts on ourselves and the children in our lives.

Resilience is...

The ability to recover quickly from difficulties; toughness

PARENTAL RESILIENCE

In this week's newsletter, the focus is parental resilience. What is it? How do we get it? What are the resources in our community that help cultivate skills that increase this trait for parents- and children?

Parenting is hard- even when you have all the support in the world. We all fall short some days. However, by building skills and increasing our capacity to identify and work through stressors, we are better able to overcome challenges.

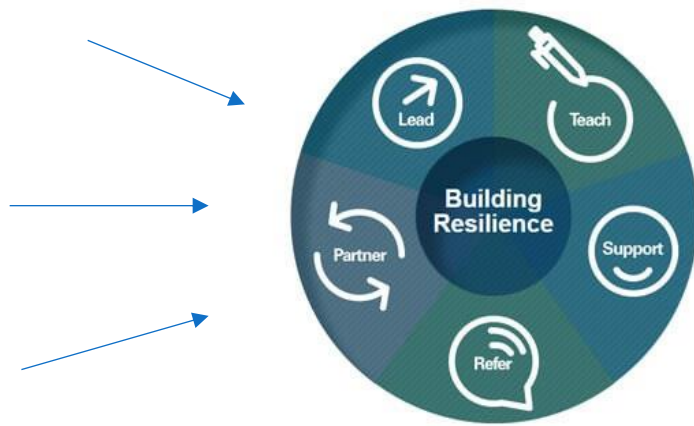
Parents who are emotionally resilient are able to maintain a positive attitude, creatively solve problems, and effectively rise to the challenges in their lives—and are less likely to abuse or neglect their children (AK DHSS). But what is resilience and how can we become more resilient as parents and caregivers with full and complex lives?



When parents come from adverse childhoods themselves, they may have trouble being the type of parent they want to be. If you grew up in a household where yelling and aggression was the norm you may find yourself losing your cool quicker than you would like to. We might find ourselves feeling disappointed, frustrated, or embarrassed for our reactions to small hiccups in our day. If we are a single parent- this cycle of stress and less than ideal reactions to stress might be amplified.

BUILDING RESILIENCE IN ADULTHOOD

It is never too late to make building resilience a priority in your life. **In fact, taking care of yourself first is one of the best things you can do to help build resilience in the children in your life.** We recognize that not all options are doable for all parents, so it is good to have lots of ideas when it comes to managing stress and building resilience for yourself and your family.



Look for this icon each week for a tip on building resilience in you or your child's life!

WAYS TO BUILD RESILIENCE

- ✚ Manage stress by identifying what in your life is stressful. What are your biggest worries or concerns? Once you know what stresses you out, you can reach out to people and resources that can help!
- ✚ Integrate healthy habits into your life. Regular exercise, nutritious food, and good sleep hygiene works wonders for both kids and parents!
- ✚ Pre-plan for challenges. Being prepared can make a huge difference when stressful times roll in. There are places in the community that can help you with things such as developing a plan. (i.e. savings account, back-up child care, etc.)
- ✚ Talk with someone! Know you aren't alone, and that there are people who will listen to you. This could be a trusted friend, family member, or a professional such as a school social worker or professional counselor.

LOCAL RESOURCE OF THE WEEK

Ketchikan Public Health Center

605 Gateway Court
(907)225-4350



Child Health Services:

- **Wellness check-ups for age 0-6 years**
- **Immunizations**
- **Tuberculosis screening and treatment**
- **Education on a variety of health topics (nutrition, lice, behavior, etc)**
- **Referral to local resources (Food, medical, dental, behavioral, developmental, etc)**
- **Newborn/postpartum homevisits**
- **Community presentations – schools, health fairs, etc.**

Adult Health Services:

- **Immunizations (age 29 and under)**
- **Reproductive health: education/information**
- **Women's reproductive health services: annual exams, birth control, emergency contraception (age 29 and under)**
- **Sexually transmitted infection services – testing, treatment (age 29 and under)**
- **Pregnancy testing for Medicaid/DKC enrollment**
- **Pregnancy options counseling**
- **Tuberculosis screening and treatment**

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