

RAISING RESILIENCE

REVILLA ISLAND RESILIENCE INITIATIVE

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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!

[Click on hyperlinks
for more resources!](#)



EMOTIONAL DEVELOPMENT

The emotional development of children is as important as their physical or cognitive development. During pre-school years, the parts of the brain involved in the regulation of emotion heavily interact with the parts of the brain that control judgment and decision-making. This means that any setbacks in a child's emotional development could have lasting affects on their ability to problem solve.

No two children are completely alike and that is reflected in their emotional development. Some children are extremely outgoing while others are shy and reserved. Some of these characteristics have more to do with the child's genetic makeup than their experiences, meaning that supporting a child's emotional development will always be different from child to child. Regardless, a child's emotional development is still linked to their environment. Children who grow up in homes where parents struggle with mental health issues, substance abuse or violence will struggle to be emotionally healthy.

As caretakers, it is most important to help children learn how to regulate their emotions. When a child can regulate their emotions, they are more able to be attentive and make decisions.



[The Children's Project](#) assembled a list of five critical emotional needs that can help guide caregivers in their role of helping children learn to regulate their emotions.

1. The need to feel respected – One of the best ways to teach a child to respect others is to treat them with respect. This means speaking to children in a courteous, thoughtful, attentive and civil manner; avoid sarcasm, belittling and yelling; utilize active listening; request instead of commanding and remember to say “please,” “thank you,” “excuse me” and “I’m sorry” to children.
2. The need to feel important – Children want to feel valuable and useful. To help children with this need, caregivers should strive to include children with decisions, housework and problem solving, in addition to giving children recognition when they help out.
3. The need to feel accepted – Children want to be respected as individuals and not mirrors of their parents. They need to feel safe enough to express their own feelings, opinions, ideas, concerns wants and needs without fear of being trivialized, ignored or ridiculed.
4. Need to feel included – Children want to be a part of things, connected to other people, and engaged in projects in a meaningful way. One way to help children feel include is to do a family activity together.
5. Need to feel secure – Children need to feel like their lives have structure and that they are safe and protected.

You can find this list with more details [here](#).



WAYS TO BUILD RESILIENCE

Maintaining a daily routine can be beneficial to children who need routine to help them self-regulate. A daily routine can also help you manage stress and regulate your sleeping patterns.

USEFUL LOCAL RESOURCE:



COMMUNITY CONNECTIONS

[Children's Mental Health](#)

Community Connections offers mental health resources to children and families that help them enhance their everyday functioning.

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