

9 WAYS

To Root Your Family In Resilience



Give yourself
(and kids) grace

Provide kids routine
and predictability



Practice your
own self-care



Teach self-care
to kids in your life



Connect with kids'
feelings before
correcting their
behavior



Reach out to neighbors
& friends



Take time to unplug
from all screens



Model positive coping
skills to kids



Practice an attitude
of gratitude



To learn more about building resilient kids, visit
RootsofResilienceKC.com or
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