



Northern Virginia Family Service
Early Childhood Division
Head Start/ Early Head Start



Mental Health Newsletter DECEMBER 2018

Be RESILIENT AND PROTECTIVE!!!

RESILIENCE is an individual's ability to rise above challenges! So clearly, it is a goal of Early Head Start and Head Start Programs to promote Resiliency!

- Fact: 1 interested and caring adult can help a child be resilient!
- Fact: Children who gain and retain skills of resiliency are more successful than those who are not exposed to this.
- Fact: It is never too late to learn how to be MORE resilient!

RESILIENCY Factors:

- **Social Skills-** interacting in healthy and positive ways with self and others.
- **Problem Solving-** ability, willingness, and courage to come up with solutions.
- **Sense of Self-** ability to see one as participating individual and part of the world.
- **Protective Factors-** environmental and relational factors which can support resiliency.

Protective Factors which ENCOURAGE RESILIENCY:

Caring and supportive adults, expectations for success, meaningful involvement, opportunities to make choices, recognize and reinforce positive, safe and predictable and stable environment, clear message not to use drugs, and clear message of non-violence

RISK FACTORS:

Risk Factors- addiction and genetic link, early and pervasive aggressive or negative interactions with others, family history, violence, discipline inconsistencies, authoritative or permissive parent, low educational aspirations for children, low family bonding, early school failure, economic and social deprivation, drug availability and accessibility, norms of violence, and drugs.

CHALLENGE: Create a goal for yourself to identify a factor where you would like yourself or your family to grow!