

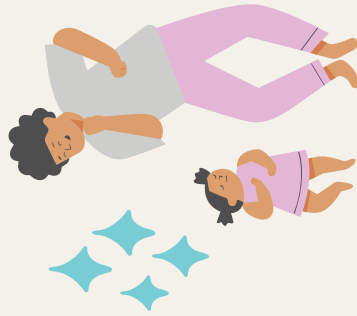
## RESILIENCE: ATTACHMENT AND BELONGING

Another way to build resilience is through  
**ATTACHMENT AND BELONGING.**

Connection and relationships are the most powerful buffers of stress. Children experience safety in nurturing relationships.

When children feel safe, they are better able to stay regulated and manage day to day stresses.

It is important that your relationship with your child is positive, stable, caring, and responsive. This provides the safety they need. Lots of parents reach out to a trusted person if this is difficult.



## BUILD ATTACHMENT AND BELONGING:

### SAFE TOUCH

There is a reason we hug when things are hard. Safe touch with permission **IS HEALING.**

### BE THERE

It is hard to see our kids in pain. We can feel helpless. Simply be present and listen to show them we are in their corner.

Be a source of safety, trust, and support.

### TRADITIONS AND ROUTINES

Create traditions for your family; for example, special meals or seasonal activities. Be predictable in your actions and routines.

### SAY "SORRY"

Acknowledge our mistakes, apologize, and repair relationships. It is up to us to show kids we are responsible for our moods and mistakes.

### REFLECTION:

Think about how you help your child feel a sense of belonging in the family.

How can you increase that for your child?  
Write down your ideas.