



HOW RESILIENT AM I?



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EVIDENCE-BASED APPROACHES TO PARENTING

HOW RESILIENT AM I?



I HAVE:

- people who love and trust me
- people who can set limits for me
- people who can show me how to do things right
- people who want me to learn to do things for myself
- people who can help me when I am sick/in danger
- people who can help me when I need to learn.

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I AM:

- a person people can like
- a person people can love
- a person who is glad to do nice things for others
- a person who can be respectful of myself and others
- a person who is willing to be responsible for what I do
- a person who is sure things will be alright.

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I CAN:

- talk to others about things that frighten or bother me
- find ways to solve problems
- control myself when I feel like doing something not right
- find someone to help me when I need it.

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WHO DO YOU TURN TO WHEN YOU HAVE LOVELY NEWS TO SHARE?

1

2

3

WHEN YOU ARE SAD OR WORRIED?

1

2

3

It is good to remember who is there for us and how resilient we are!