

Family Resilience

Correlates to Stable Family Relationships

Family resilience occurs when a family is able to adapt and utilize strategies which help them to preserve in times of crises. Resilience is the “flexibility and inner strength necessary to bounce back when things do not go well”
[www.childwelfare.gov/preventing]

Signs of Family Resilience:

- Each family develops a manner of communication and response to challenges that provide clues to their functioning as a group.
- When change occurs, the family automatically tries to maintain its ability to function as it has in the past.
- It is beneficial to discuss family function on a continuous basis.
- How does a family demonstrate healthy functioning?
- The ability of members to openly share positive and negative experiences.
- The family’s ability to come together to accept, solve, and manage problems on a daily basis.

Questions to ask:

- What are some things you find challenging as a parent?
- What helps keep you in a positive mood?
- What kinds of frustrations or worries do you deal with during the day?
- How do you solve these everyday problem as them come up?
- Has something happened recently that has made life more difficult?
- What is working now? What is making a difference?
- What do people like about you the most?
- What is one personal trait that you value the most?
- If you best friend were here, how would he or she describe you?
- How are your children reacting to (crisis)? How are you able to meet your child's needs when you are dealing with stress?
- Where do you draw your strength? How does this help you in parenting?
- What happens when you and your spouse/partner disagree?
- Are other family members experiencing stress or concern?
- What are your dreams (long-term goals) for yourself and your family?
- What steps might you take toward those goals in the next week (or month)?
- What has stopped you in the past from doing (this)?
- What positive things do you get from your relationship with your partner?
- Do you have a girlfriend/boyfriend? What do you like about her/him?
- If parent reveals maltreatment, ask about how they managed to overcome this?
- What recommendations do you have to your child to get through difficult times?

Resources:

<https://www.childwelfare.gov/topics/preventing/promoting/protectfactors/resilience/>

<https://www.pinterest.com/pin/240801911299567710/>

The Cracked Pot Fable: <https://www.youtube.com/watch?v=6gIH8BjyWaA> (sometimes our flaws are our strengths)

University of Georgia sports start goes to book club:

<https://www.youtube.com/watch?v=uPLwQm2y83E>

It's not about the Nail: <https://www.youtube.com/watch?v=-4EDhdAHrOg> (helping is sometimes about just listening)

<http://www.arborsci.com/happy-unhappy-balls-happy-sad-balls>

www.ctfalliance.org/images/about/EBPPositionPaper.pdf