

Infant and Early Childhood Mental Health (IECMH) Guide for Professionals: Resiliency

Here is what we know about resiliency:

- Resiliency is the ability to manage challenges and bounce back after facing adversity in a positive way.
- Resiliency helps people cope with stress, overcome childhood disadvantages, and chase new opportunities.
- Resiliency develops throughout a person's life; it is not a personality trait.
 - Development occurs through the interaction of supportive relationships, biological systems, and gene expression.
- Research shows that resiliency can be linked to higher levels of happiness, positive relationships, and greater success in academic and professional endeavours.

Within your professional role and considering the [social determinants of health](#), how do you:

- Share strategies with parents? Examples:
 - Calming strategies (e.g., deep breathing, hugs, body breaks, water breaks, music, art, sensory play)
 - Modeling and nurturing the development of positive thinking habits and reaching out for support as needed.
 - Encouraging perseverance in children while also sharing that mistakes are a natural part of learning.
 - Giving children opportunities to help out and contribute to the needs of others through meaningful tasks (e.g., getting a bandage for a friend, helping with cleaning up, helping with mealtime preparation).
- Discuss coping and support mechanisms with caregivers?
- Explore connection opportunities to informal and formal supports (e.g., professional and peer community-based supports and services).
- Support caregivers in having developmentally appropriate expectations for their child?
- Administer appropriate screening tools that advise on if a child is within the typical developmental milestone range? How do you manage referrals?

Where can you find more information?

- [Encyclopedia on Early Childhood Development: Resilience](#)
- [Reaching IN ... Reaching OUT: Road to Resiliency Factsheet and Video](#)
- [Harvard University, Center on the Developing Child, Harvard: 8 Things to Remember about Child Development](#)
- [Best Start: Building Resilience in Young Children](#)
- [Public Health Agency of Canada: Social Determinants of Health](#)

Where can you find services that support families?

- [Parenting in Ottawa](#)
- [Parent Resource Centre](#)
- [Community Navigation of Eastern Ontario/211](#)
- [Ottawa Public Health Mental Health and Substance Use Services and Resources](#)
- [MindMasters 2](#)

References:

- [Encyclopedia on Early Childhood Development: Resilience](#)
- [Reaching IN ... Reaching OUT Resiliency Guidebook](#)
- [Harvard University, Center on the Developing Child: Key Concepts, Brain Architecture](#)
- [Harvard University, Center on the Developing Child: The Science of Resilience](#)
- [Harvard University, Center on the Developing Child, Harvard: 8 Things to Remember about Child Development](#)
- [Best Start: Building Resilience in Young Children](#)