

Building Black Resilience

Whether in the car or around the dinner table, discussing resilience with your child can be rewarding and helpful.

How can you get started?

1. **Reflect on recent challenges and successes.** Help your child identify a challenge they recently coped with or faced. If your child is having a hard time identifying a recent challenge, you may share one of your own. While doing so, discuss the following:

- a. *What was hard about it?*
- b. *Did you believe the situation could/would improve?*
- c. *What character traits helped you cope and succeed?*
- d. *Looking back on that challenge and how you handled it, what are you most proud of?*



Repeat this exercise with your child when they share issues that they coped with or faced. Remind them of their character traits and resilience that helped them to cope with the challenge. Build this self-reflection practice into your daily routines to help your child recognize and celebrate their resilience.



2. **Highlight Black success and identify role models.**

- You and your child could pick an important Black figure from history or your personal life that has inspired each of you.
- Spend some time learning about this individual, and then share with others what you've learned, including why you chose that individual.
- Listen closely to the adjectives you and your child use to describe your role models. Talk about what you or your child has in common with your role model.

3. **Practice positive affirmations.** An affirmation is a true statement we say to ourselves to change negative thoughts we have about ourselves.

- Talk with your child to find out what they don't like about themselves and then help them come up with an alternative, true affirmation to replace the negative thought.
- You and your child can practice positive affirmations at any time of the day. Beginning a daily practice - like in the morning before breakfast or at night after brushing teeth - could help to make affirmations part of your daily routine
- Begin each day and end each night repeating 1-2 affirmations. You may have to model this for your child initially. Ex. "I am brave. I am smart." Your child may begin by repeating your affirmations. However, over time, encourage your child to identify their own affirmations.

