AMCMS

COUNSELING CONNECTION

JANUARY

Parental Resilience

Parenting is hard, y'all! For the next few Counseling Connection newsletters, we are going to focus on ways to help strengthen family relationships. Each Counseling Connection will focus on one of the five protective factors from the Strengthening Families Protective Factor Framework.

1. **Parental Resilience**
2. **Social Connections**
3. **Knowledge of Parenting & Child Development**
4. **Social & Emotional Competence of Children**
5. **Concrete Support in Times of Need**

Discussion Questions

Parental Resilience is the ability to recover from difficult life experiences, and often to be strengthened by and even transformed by those experiences.

How do we do that?

First and foremost, practice taking care of yourself so you can take care of your kids. Some self-care may include taking time to exercise and/or rest, spend time outside, allow teens to practice solving their own problems, make time for things you enjoy, and try to remember to not take things personally.

It's not easy parenting teens! At this age they are figuring out who they are and attempting to exert some independence. Try some of these strategies when your teenagers push the boundaries:

Give cool off time (for yourself and your teen)

Set clear rules & boundaries

Stay true to your word

Build a strong relationship

Focus on Family Time

Remember you are the parent!

Resources:
https://www.dfps.texas.gov/Prevention_and_Early_Intervention/Grantees/social_media_toolkits/strengthening_families.asp

https://getparentingtips.com/tweens-and-teens/

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