



Building Your Resiliency

A Family Guide to Marathon Skills

Step 1: Love your Child Unconditionally



Unconditional love means to appreciate and value your child in the moment and not get hung up waiting for improvements. Meet them where they are and let them know you love them, regardless of their behavior, talent, success or abilities.

Step 2: Take Time for Yourself



As a primary caregiver, it's important to find ways to de-stress and regroup in order to keep giving to your child and family. You are important and have interests and abilities that are outside your role as a parent. If you can enjoy yourself more, you can enjoy your family more.

Step 3: Develop Your Sense of Humor



Laughing feels a lot better than crying. It changes our thoughts, emotions and behaviors and allows us to handle stress better. Laughter really is the best medicine, so give yourself permission to laugh and joke around.

Step 4: Build a Network of Supports



It's easy to feel isolated and alone, raising a child that is unique among your friends and family. Discover the value of a Facebook group or monthly parent-to-parent meeting to find others out there walking in shoes like yours. Much of the info that you find helpful is in the hearts and minds of other parents like yourself.