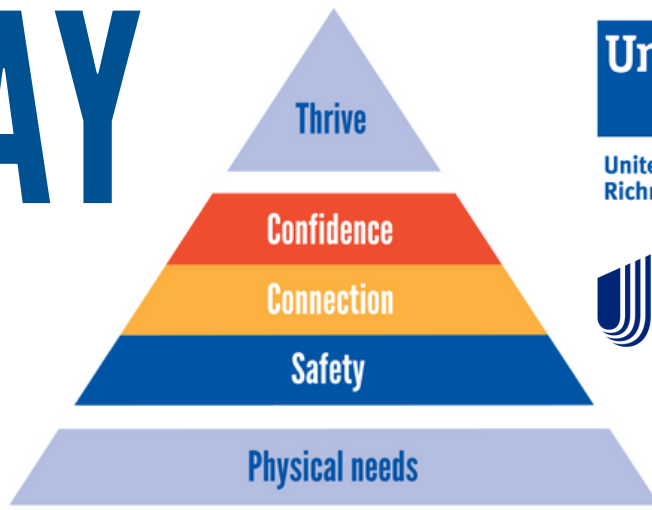


# EVERYDAY STRONG



Learn how to support children and teens with these three principles:  
**safety, connection and confidence.**



We're on a mission to build resilient kids and strong communities through our program **EveryDay Strong.**

We are calling all parents, educators, leaders, teachers and community members to share our tools and trainings for youth resiliency across our region.



**LEARN MORE!**



To find helpful information and sign up for a free training, visit our website:

[www.EveryDayStrongVA.org](http://www.EveryDayStrongVA.org)

Here are a few EveryDay Strong examples of how a caring adult can make the difference for a child or teen:

## SAFETY - Safe to Talk



**What to do:** During a heated conversation, imagine that you have tape over your mouth. Listen and continue to communicate in any way you can without speaking.

**Why:** When children feel they will be listened to and understood, they feel safe to share challenges, true feelings and ideas.

## CONNECTION - Connect Through Laughing



**What to do:** Find ways to make them laugh. Watch a funny video, share a joke and look for a chance to turn a fight into a laugh. Talk in a silly voice or dance around!

**Why:** Laughter and humor improve health, strengthen shared connections and experiences, and create good memories. They also reduce stress and anxiety about everyday challenges.

## CONFIDENCE - Build Confidence By Remembering



**What to do:** At the end of the day, take some time with a child to talk about the good things that the child did and experienced that day.

**Why:** Bad memories are said to be more “sticky” than positive ones, so people often need help remembering good things. For young children, just remembering the events at the end of a typical day can improve their ability to remember successes. Older kids can use these memories to build confidence in their ability to work hard and overcome challenges.