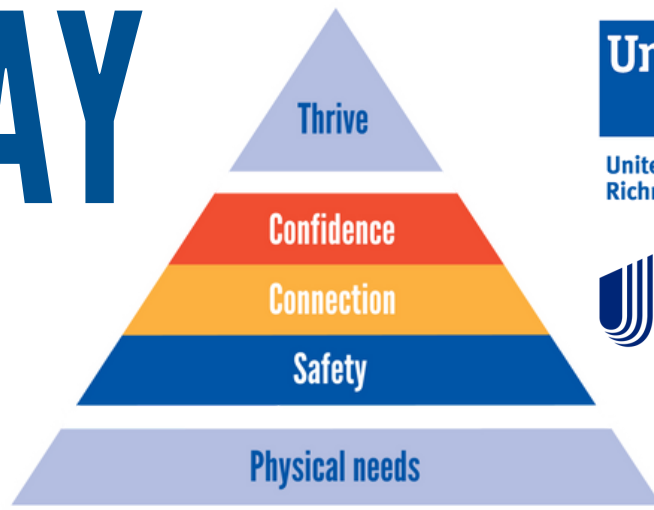


EVERYDAY STRONG



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

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.