

B-I-N-G-O

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United Way of Utah County

WATCH THE MASTERCLASS FROM DR. SWENSON AT uwayuc.org/DrSwenson	READ THE SCHOOL RESILIENCE HANDBOOK AT uwayuc.org/schoolhandbook	PUT THE PYRAMID ON YOUR FRIDGE OR MIRROR uwayuc.org/poster	READ THE STARTER RESILIENCE HANDBOOK AT uwayuc.org/starterhandbook	ATTEND A PARENT NIGHT Register at dbhutah.org/training/eds
PHYSICAL NEEDS: Encourage a child to check in with their body or to take a deep breath. For example, say, "Before we leave the house, let's check in with our shoulders, jaw, feet, or stomach while taking five slow, deep breaths."	SAFE TO FAIL: Share a story about a significant failure or mistake you made. Try not to emphasize how you overcame or learned a valuable lesson. Rather, communicate that you understand failure or embarrassment.	CONNECT IN PLAYING: Take a few moments to play, especially in an activity they enjoy (like watching a makeup tutorial together or playing a board game or video game).	BUILD CONFIDENCE THROUGH GROWTH: Try an unsolicited compliment that shows how you notice that they're learning and trying. For example, "it's amazing how much progress you've made in your sketching this last year!"	WORKBOOK: SAFE TO EXPLORE Download this workbook and learn how to help your teen feel safe to explore uwayuc.org/SafetoExploreWorkbook
PHYSICAL NEEDS: Take the time to move with a child! Go for a walk, dance, or throw a ball. Moving together can be an opportunity for getting your physical needs met, but also to talk and enjoy time together.	SAFE TO OPEN UP: Teens are most likely to talk to us about hard things if they know we listen well about little things. Try asking one question about something your teen cares about: their social media, a friend, or their hobbies.	FREE (You're just doing your best!) 	BUILD CONFIDENCE BY REMEMBERING: At the end of the day, take some time with a child to reflect and review a positive experience that day.	CONNECT THROUGH WRITING: Write a note and leave it to be found. Put less emphasis on the specific choices or accomplishments of the child and emphasize your relationship and your feelings about them.
PHYSICAL NEEDS: If a child seems unusually cranky or combative, lovingly invite them to sit down with you and have a snack. Or, if they don't want to interact, you may consider simply leaving the snack where they'll be able to access it.	SAFE TO BE YOU: Praise something unique about a child. Consider even acknowledging how unexpected, different, confusing, or quirky this trait or interest is and how you love or admire them as they are.	CONNECT BY NOTICING: Make an effort to notice interesting details and comment on them. For example, you could say, "I see headphones around your neck a lot. That musician must be pretty important to you right now," or, "You must do your best thinking while you doodle."	BUILD CONFIDENCE BY EXPRESSING CONFIDENCE: The next time a conversation comes up where you are worried about a child's achievement levels, resist the urge to lecture or to problem solve. Instead, say, "It's OK not to have all of this figured out right now."	VIDEO: SAFE TO TALK Watch this video and learn how to help your teen feel safe to talk uwayuc.org/SafeToTalk
FOLLOW US ON INSTAGRAM OR FACEBOOK @everydaystronguw or subscribe to our emails at uwayuc.org/ResilienceEmails	INVITE A FRIEND OR YOUR SPOUSE/PARTNER to subscribe to texts, emails, or follow us on social media.	SHARE THE HANDBOOK with a friend or your spouse/partner.	INVITE A FRIEND OR YOUR SPOUSE/PARTNER to come with you to the parent night.	SUBSCRIBE TO EVERYDAY STRONG TEXTS Text SDCTC (for South Davis), NDCTC (for North Davis), or LaytonCTC (for Layton) to 833-904-0618.