


<p>WATCH THE MASTERCLASS FROM DR. SWENSON AT uwayuc.org/DrSwenson</p>	<p>READ THE SCHOOL RESILIENCE HANDBOOK AT uwayuc.org/schoolhandbook</p>	<p>PUT THE PYRAMID ON YOUR FRIDGE OR MIRROR uwayuc.org/poster</p>	<p>READ THE STARTER RESILIENCE HANDBOOK AT uwayuc.org/starterhandbook</p>	<p>ATTEND A PARENT NIGHT Register at dbhutah.org/training/eds</p>
<p>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."</p>	<p>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.</p>	<p>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).</p>	<p>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!"</p>	<p>WORKBOOK: SAFE TO EXPLORE Download this workbook and learn how to help your teen feel safe to explore uwayuc.org/SafetoExploreWorkbook</p>
<p>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.</p>	<p>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.</p>	<p>FREE (You're just doing your best!)</p> 	<p>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.</p>	<p>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.</p>
<p>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.</p>	<p>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.</p>	<p>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."</p>	<p>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."</p>	<p>VIDEO: SAFE TO TALK Watch this video and learn how to help your teen feel safe to talk uwayuc.org/SafeToTalk</p>
<p>FOLLOW US ON INSTAGRAM OR FACEBOOK @everydaystronguw or subscribe to our emails at uwayuc.org/ResilienceEmails</p>	<p>INVITE A FRIEND OR YOUR SPOUSE/PARTNER to subscribe to texts, emails, or follow us on social media.</p>	<p>SHARE THE HANDBOOK with a friend or your spouse/partner.</p>	<p>INVITE A FRIEND OR YOUR SPOUSE/PARTNER to come with you to the parent night.</p>	<p>SUBSCRIBE TO EVERYDAY STRONG TEXTS Text <i>SDCTC</i> (for South Davis), <i>NDCTC</i> (for North Davis), or <i>LaytonCTC</i> (for Layton) to 833-904-0618.</p>