



Bounce Back & Thrive! (BBT)

Parent Resiliency Skills Training

*Resilience is the ability to steer through serious challenges and not only survive, but thrive!
Young children copy how adults in their lives think about and handle challenges and opportunities.*

Bounce Back & Thrive! (BBT) is a **10-week evolving evidence-based resiliency skills training program** for parents with children under 8 years. BBT skills *help parents help their children* build the resilience necessary to handle life's inevitable bumps in the road and make use of opportunities to grow and learn.

Part 1 focuses on enhancing parents' capacity to provide a caring relationship and role model skills that build resilience in their daily interactions with their children. Content includes:

- **Exploring why caring relationships, positive role models and a strength-based approach** help build resilience in young children
- **Building self-regulation skills** to enhance emotional regulation, impulse control and capacity for reflection about reactions to stressful circumstances
- **Learning key thinking skills** including:
 - a user-friendly method to understand how thoughts cause reactions that either help or hinder a resilient response to situations
 - techniques to identify non-resilient "thinking habits" and deeply rooted beliefs that cause relationship difficulties and block an effective response to opportunities
 - techniques to develop flexible thinking and find alternative ways to respond to conflict, problems and stress

Part 2 helps parents apply behavior guidance and resiliency-building strategies directly with their children. Content includes:

- **Using empathy** to build close relationships and help children develop emotional literacy skills.
- **Helping children develop a "Can Do" view** through mastery opportunities, encouragement and confidence-building approaches.
- **Building an environment of "positivity"** to enhance children's capacity to maintain hope and optimism.

Bounce Back & Thrive! is an interactive program delivered through information exchange, hands-on activities, video clips of parents and children demonstrating resilience-building strategies, discussion and skills practice.

BBT is adapted from the evidence-based RIRO resiliency skills training for child-serving professionals.

For more information about RIRO: www.reachinginreachingout.com

Reaching IN...Reaching OUT (RIRO) has been promoting resilience in young children and adults since 2002.