

Bright Start UpDate

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Keys to Resiliency

Stress happens! It is a part of our busy lives and elevates with budget and financial pressures, family life changes and other challenges. However, even with all these pressures, you and your family need to make it a priority to become resilient during hard times.

Resilience is the capacity to rebound from hard times and becoming even stronger and more resourceful. It is more than just coping or “getting through” a situation. Resilience involves positive transformation and growth that enables one to be better able to meet future challenges. One way to think of resilience is to compare it to a rubber band. In order for it to move forward we need to pull it back first. The same thing happens in life. Something might happen that knocks us back for a while but, if we are resilient, we stretch ourselves and spring forward. There are nine “keys to resilience” as listed below that make up a framework for resilient families.

- **Make meaning of crisis and challenge** – families view crisis as a shared challenge. You need to join together and strengthen your ability to meet them.
- **Maintain a positive outlook** – Resilient families hold an optimistic view of life. They have a “can do” spirit. They focus their energies on making the best available options.
- **Value transcendence and spirituality** – Resilient families find meaning, purpose and



connection to something beyond themselves. This may be defined as the family’s moral and spiritual values that are their source of strength. Some may find this connection through a deep connection with nature, music or art.

- **Flexible** – resilient families have a flexible structure that they can modify to fit their needs and challenges, rather than holding a rigid notion of family roles and rules. This allows them to adapt to changes.
- **Connected** – resilient families know that they can count on each other during times of crisis.
- **Supported by social and economic resources** – They have a network of people and organizations that can serve as their lifelines during challenging times.
- **Share clear, consistent messages** – They “say what they

mean and mean what they say.” They say things clear, consistent and honest.

- **Openly express their emotions** – resilient families have mutual trust and encourage their members to share their feelings, and comfort one another.
- **Use collaborative problem solving** – They identify problems and the options available to deal with them and then make decisions as a team.

Through this process and with this framework, families learn skills that help them become proactive in preparing for future challenges. Resiliency is not what happens to you but what you make out of what happens to you that makes you resilient. “Be resilient: stretch, bounce back and roll forward.”

Prepared by Karen Slunecka, Extension Educator – Faulk County

Source: Keys to Resilience: Transformation through Adversity, University of Wisconsin-Extension



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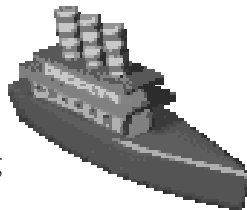
From a Parent's Perspective– Toys, Shmoys

If your house is anything like ours, there are colorful, light-em-up, singing toys strewn all about the house...untouched. Instead the boys are completely engrossed with a full toilet paper roll (10 mo) or a large cardboard box (2½ yo) and giggling hysterically.

Our oldest has hit the helpful stage and loves to assist me in the kitchen. I have started doing some craft projects with him and finding that the process is well worth the time, effort and mess. He is developing his senses and creativity all by playing with different household items and imagining different uses for them.

Check out your neighborhood library for kid-friendly craft ideas. Many focus on using household or familiar items in new ways encouraging children to learn colors, count to ten or even motor development. Simple ideas include:

- 0-12 months
 - Make a mobile to hang from the ceiling (be sure they can't reach it)
 - Mound pillows on the floor for them to climb over
- 1-2 years
 - Use margarine bowls as stacking or nesting blocks
 - Old socks make great hand puppets
- 2-3 years
 - Make a drum out of an empty oatmeal container
 - Paint rocks with corresponding places in an egg carton to help learn colors
- 3-4 years
 - Freezer paper can be used to trace and cut your child's outline
 - Fish in the tub or outside in puddles with a stick and string
- 4-5 years



- Make a balance beam from tape on the floor and play Follow the Leader showing and saying the difference between movements, such as high and low
- Make beads from play dough, let them harden (or bake), paint and string them together for a fancy necklace or bracelet

Think outside the box...the giggles, memories and “I love you's” are the best reward!

Please keep safety in mind by using good judgment and common sense regarding age appropriate activities and toys.

Prepared by Amanda Larson, Extension Educator – Bon Homme County

Sources:

- Reitzes, F., Teitelman, B. & Mark, L.A. (2007) *Wonderplay, Too!* Philadelphia: Running Press Book Publishers.
- Reitzes, F., Teitelman, B. & Mark, L.A. (1995) *Wonderplay*. Philadelphia: Running Press Book Publishers.

Family Mealtime – Schedule a Trip to the Farmer's Market

Shopping at a farmer's market is a wonderful opportunity for children to see the great variety of fruit and vegetables that are locally grown. A farmer's market is a feast for the eyes so be sure to comment to the children on the size, shape and color of the produce. Some farmers offer taste samples of the fresh produce they sell. Make the trip to the farmer's market a learning opportunity by visiting with the



market vendors and asking questions.

Let the child choose their own fruit and vegetables to be made into something delicious for them. Even the younger children can help scrub vegetables and wash fruit before you prepare it for eating.

Younger children ages 1 to 3 years old need to be offered 1 – 1 ½ cups of cooked or raw vegetables a day and 1 to 1 ½ cups of fresh or

canned fruit a day and no more than ½ cup of juice a day. As always- be sure to pick food that your child will not choke on or is allergic to them.

At many markets, there are planned children's activities for a fun outing. Enjoy the sights, taste and sampling at your local farmer's market.

Prepared by Laurie Tangen, Extension Educator – Brookings County
Source: www.MyPyramid.gov

Healthy Baby – Sun Safety & Children

No matter where a child is spending their time outdoors they can be in jeopardy for getting too much sun. Your child's risk of skin cancer later in life can be increased by just



a few serious sunburns. Know how to protect your child's skin from the sun's harmful ultraviolet (UV) rays.

Find shade. During midday, UV rays are the strongest and most harmful, so your best choice would be to plan indoor activities. If staying indoors isn't an option, seek shade under a tree or umbrella.

Cover up. Covering your child's skin with clothing will help to protect against UV rays. A tightly woven long-sleeved shirt and long pants would be best, but may not be practical. Consider a beach cover-up, or a t-shirt and long shorts. In addition, apply sun screen or keep your child in the shade when possible.

Wear a hat. Hats that provide great protection are those that shade the face, scalp, ears, and neck. If your child chooses a baseball cap style of hat, be sure to protect exposed areas with sunscreen.

Wear sunglasses. Look for sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.

Protecting your child's eyes from these UV rays is important because they can lead to cataracts later in life.

Use sunscreen. Plan to use sunscreen with at least SPF 15 and UVA and UVB protection every time your child goes outside. Apply sunscreen generously 30 minutes before going outdoors. Remember to protect ears, noses, lips and the tops of feet and reapply sunscreen throughout the day.

Prepared by Ann Schwader, Extension Educator – Tripp County

Source: "Protecting Children from the Sun". 10 April 2011. Centers for Disease Control and Prevention.

http://www.cdc.gov/cancer/skin/basic_info/children.htm

Books & Baby – Here We Go Exploring

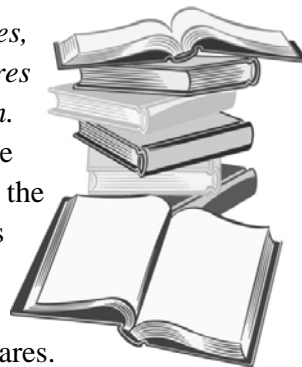
The outdoors full of amazing opportunities to explore and learn! You'll be surprised at how much there is to see when you take the time to look and listen. A great way to start exploring nature is through books. A couple of great books that explore shapes, colors, and sounds of nature are:

The Shape of Things by Ann Dodds. A square is just a square until it becomes a house in this clever book. A circle becomes a spinning Ferris Wheel, add a string and a tail it becomes a kite. This brightly illustrated and rhyming book, reveals that shapes are everywhere.

I Took A Walk, by Henry Cole. A richly illustrated book that takes you on a journey through woods and meadows, streams and ponds, where wild flowers and water birds live!

So Many Circles, So Many Squares by Tana Hoban.

This is a picture book full of all the different things in the natural world that are circles and squares.



Take the book to another level-go on a walk with your child and look for the things that you read about! While you and your baby

are on this walk, point out all the different things you see, if they know their colors and shapes ask them to play I Spy with you.

When you return home, tell or create a story with your baby or child about all the different shapes you saw, describe each shape, texture, and sound you and your baby came across on your walk. Unlock your creative side and explore the outdoors through taking the books you read outdoors!

Prepared by Leah Burnison, Extension Educator – Union County

Sources: New Mexico State University: Tips for Feeding Young Children; USDA/SDSU EFNEP Fruit and Yogurt Parfait; American Dietetic Association

Web Wise – CDC – Parent Section

The Center for Disease Control (CDC) website has parent information from safety at home and the community to immunization schedules and developmental milestones. Once you are on the CDC website at <http://www.cdc.gov/> click on the ‘P’ in the A-Z index found across the page. Then scroll down and click on ‘Parents.’

Prepared by Tracey Lehrke, Extension Educator – Roberts County

South Dakota State Cooperative Extension

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Please visit your county Extension office to learn about the local programs and services available. Also feel free to contact any of the Extension educators or the Extension specialists located throughout the state and the SDSU campus for any questions, educational information, or programming.

The **Bright Start UpDate** is a monthly publication for South Dakota parents with young children under the age of five. It is brought to you as part of Governor Rounds Bright Start Program, an early childhood initiative with a number of different programs. **Bright Start UpDate** is published by the Office of the Governor 4,470 copies of this publication were printed at a cost of \$.46 per copy. You are welcome to make copies and distribute as needed. You can reach us by calling **1-800-305-3064** or check our web site at: <http://www.sdbrightstart.com>

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