



# Monthly Newsletter



Working locally (Calgary, Alberta) to stop the cycle of poverty for the children

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There is much to learn about the word **Resilience** in terms of building community and that connection to eliminating the poor and impoverished in our communities. It is also a great word to understand more fully if you are raising your own children. Let's look at some ways **Resilience** is referenced in our non profits and on the web:

- Children Without Poverty - Sustain a Family Program – Building Family **Resilience**
- United Way Calgary – Building **Resilient** Communities
- **Raising Resilient Children Foundation** – in Salt Lake City created based upon a research proven framework for fostering **resilience** and hope in children. To create Children capable of facing and overcoming adversity, able to meet life's challenges with thoughtfulness, confidence, purpose, hope, and empathy.
- [www.resilientcommunities.org](http://www.resilientcommunities.org); [www.raisingresilientkids.com](http://www.raisingresilientkids.com); [www.resiliencycenter.com](http://www.resiliencycenter.com); [www.resilientcities.org](http://www.resilientcities.org) – the list is exhaustive.
- If I go to [www.scholar.google.com](http://www.scholar.google.com) and search for **resilience or resilient**, I get 952,000 hits. 208,000 of those are related to children or kids, with many titles returned like: Stress, coping and **resilience** in children and youth. Parental divorce and children's well-being: A focus on **resilience**. Many of these scholarly articles focus on the importance of **resilience** when it comes to environments where children are growing up in not ideal circumstances or experience many difficulties.
- There are good research documents by Canadian governments that allow for funding and focus on building **resilience** in communities. Based on the concept that it reduces funding requirements for services in the community.
- There are other organizations in Calgary that have offshoots of focus on **resilience** and how that comes into their mandate or focus of their non-profit.

If you are looking for a good parenting book to build **resilience** in your own children, I recommend:

## Growing Up Resilient: Ways to Build Resilience in Children and Youth

By Tatyana Barankin, Nazilla Khanlou. Here is more information about their book off the [www.camh.net](http://www.camh.net) website.

**Resilience** is a much-talked-about topic these days. The view that **resilience** is an important aspect of mental well-being has been gaining attention among health professionals and researchers. Tatyana Barankin and Nazilla Khanlou draw from the latest research and theoretical developments on **resilience** in children and youth and present it in a way that is relevant for a diverse audience, including parents, educators, health care providers, daycare workers, coaches, social service providers, policy makers and others.

Among the unique contributions of this book is that the authors consider the development of **resilience** at three levels. **Growing Up Resilient** explores the individual, family and environmental risk and protective factors that affect young people's **resilience**:

- individual factors: temperament, learning strengths, feelings and emotions, self-concept, ways of thinking, adaptive skills, social skills and physical health
- family factors: attachment, communication, family structure, parent relations, parenting style, sibling relations, parents' health and support outside the family
- environmental factors: inclusion (gender, culture), social conditions (socio-economic situation, media influences), access (education, health) and involvement.

Tips on how to build **resilience** in children and youth follow each section. The ability for children and youth to bounce back from today's stresses is one of the best life skills they can develop. *Growing Up Resilient* is a must-read for adults who want to increase **resilience** in the children and youth in their lives.

This book can be ordered from [www.camh.net](http://www.camh.net) in their publications section for \$12.95.

### **Hands in your pocket**

Tired of people wanting your time, and people at the door wanting your money. This section looks to find other ways that you can help, apply your passion, and integrate your help into your lifestyle so it doesn't take extra time.

I was recently at the Bowness bottle depot (it has moved and is in a new building beside the Red Carpet Motel on 16<sup>th</sup> Ave) and in their brand new facility it was nice to see a small area quartered off against the wall with a fence, where you could put your bottles for the Food Bank. Voila bottles are returned, you don't have to wait in line, and the money is donated to the Food Bank. I know a lot of other bottle returns will take your bottles and donate the money to the Food Bank – check it out and see if you can skip the lineup.

To have people added/removed from the distribution list or to provide comments, please respond to:

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