

# Strengthening Families Storytime: Parental Resilience



## THE MESSAGE

During your storytime, try to deliver the following message to adults:

**Parents and caregivers who are resilient can bounce back from the challenges of everyday life. Being able to effectively problem solve, ask for help, and manage your stress level can have a positive impact on your relationship with your child.**

*Your library can help you develop parental resilience by providing guidance to resources that help you solve difficult problems and ways to de-stress.*

## STORYTIME THEMES

Being resilient is a skill that children and adults can both learn. A storytime that focuses on resilience will involve books about making mistakes and learning to manage your emotions when things don't go your way.

Possible themes/titles for this type of storytime include:

- Magnificent Mistakes
- Unexpected Adventures
- Oops! A Storytime About Mistakes
- Against All Odds
- Bouncing Back

## BOOKS

- *Even Superheroes Make Mistakes* by Shelly Becker
- *The Most Magnificent Thing* by Ashley Spires
- *Pete the Cat and His Four Groovy Buttons* by Eric Litwin
- *The Paper Bag Princess* by Robert Munsch
- *Jabari Jumps* by Gaia Cornwall
- *The Adventures of Beekle: The Unimaginary Friend* by Dan Santat
- *Rosie Revere, Engineer* by Andrea Beaty
- *A Perfectly Messed-Up Story* by Patrick McDonnell

**Reading books about overcoming challenges can help families build resilience.**

## ACTIVITIES

Try incorporating activities where children have to keep trying before getting it "right."

- Flannel board: Little Mouse, Little Mouse
- Spot the mistake in a picture
- Learn a rhythm with egg shakers

## LEARN MORE

<https://www.idahochildrenstrustfund.org/>

<https://www.childwelfare.gov/topics/preventing/previationmonth/resources/tip-sheets/>