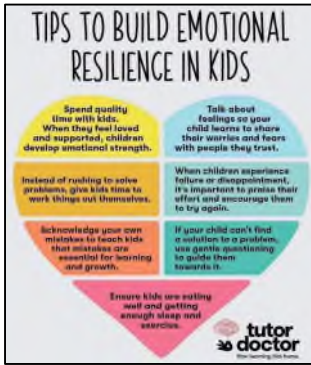


Tips for Building Emotional Resilience in Children



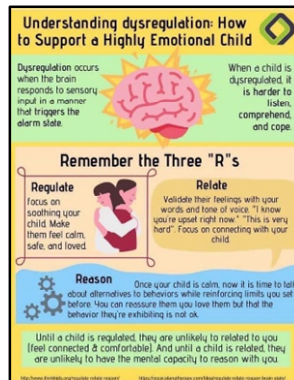
Building resilience in children helps them bounce back from stressful situations and become more adaptable. To help build your child's emotional resilience, try out these tips. #GaSEEDSforSUCCESS

[Tips to Build Emotional Resilience in Kids](#)



Here's a resource to help you incorporate children's interests throughout their learning day to show them their input is valued. #GaSEEDSforSUCCESS

[Valuing Children's Interests](#)



Children can become dysregulated when experiencing big feelings. Remembering the three R's can help you as you help your child regulate. #GaSEEDSforSUCCESS

[Regulate, Relate, Reason](#)

[The 3 R's: Regulate, Relate & Reason-Improving Emotional Regulation](#)

[The 3 R's: Improving Brain States-Emotional Regulation: Tips, Tricks, & Interventions](#)



Are you making time for yourself? Caring for yourself can help reduce stress and build better connections with your children. #GaSEEDSforSUCCESS

[Caring for Yourself](#)



DECAL's Inclusion and Behavior Support Unit is here to lend you a helping hand! All of our services are currently available virtually. #GaSEEDSforSUCCESS

Call the Helpline today! 1-833-354-HELP