

**Create Connections = Build Resilience**

When we are connected with others, it makes us more resilient. Resilient children often feel a strong bond with friends, family members, teachers and other people in caregiver roles. They feel protected and believe they can count on their network to be there for them.

Meaningful participation in the home, school and neighbourhood contributes to the resilience of children and youth. It increases their sense of connection, decreases their isolation, and helps them succeed in school.

**Family Connections = Build Resilience**

Build family connections by creating family routines where you eat meals together, read together and be active together.

- Show interest in activities your children enjoy and do them together.
- Help your children develop healthy relationships with their siblings and encourage them to spend time together, have fun, and be active and creative.
- Intentionally connect with extended family members to build your children's circle of supportive, trusted adults.

**Neighbourhood Connections = Build Resilience**

The Neighbourhood is an important place where children build independence, resilience, and self-reliance and develop skills to connect with others.

When you and your children get to know people in your Neighbourhood, you'll benefit in many ways, including:

- Increasing your sense of belonging and safety.
- Building social and emotional skills.
- Contributing to your community, accepting others and building empathy.

When children play with others, they learn to be active and more creative.

**School Connections = Build Resilience**

Here are simple ways to build connections at school:

- Connect with your child's teacher early to establish a good relationship and invite open communication.
- Share information to help the teacher connect with your child and support their success.
- Connect with your child daily, be there to cheer them on and help them brainstorm solutions for any challenges.
- Encourage your child to participate in school activities. Volunteer when you can.

Positive peer relationships in childhood are one of the best predictors of good mental health in adulthood.

**MORE RESOURCES**

Simple Connections, Stronger Families

[Colouring Book](#)

[AHS Back to School Health](#)

[Family Resources](#)

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line  
1-866-332-2322

Mental Health Help Line  
1-877-303-2642

