Military families are recognized as examples of resilience. What is resilience? This term refers to people who are faced with stressful situations and find strength in themselves, their families, and their communities to overcome challenges. Resilience isn’t something individuals are born with, but something that can be learned over time when individuals successfully adapt to challenging circumstances. The deployment cycle offers many opportunities to build resilience, for both parents and children.

How can parents build resilience? The first step is recognizing the unique personal strengths that members of the family bring to the table. Building specific skills can be helpful, too. For example, Steve is normally the one to handle family finances, but at the beginning of his deployment, Maggie decides to take a class on budgeting. She gains new skills and confidence by learning to successfully manage the finances while Steve is gone. Making connections can also build resilience. One mom decided to invite members of the community over to dinner once a week to fill the empty space at the table while her husband was deployed. The family met congressional representatives, teachers, and illustrators, and learned from others who had faced their own challenges.

Another strategy for developing resilience is to remember the meaning and purpose behind military service. Some-
Resources

Dr. Kenneth Ginsburg’s Seven Cs
http://www.fosteringresilience.com/7cs.php

Dr. Paula Rauch discusses Challenges vs. Trauma
http://www.youtube.com/watch?v=J169rx_Z-9M

Dinner with the Smileys (one military family finds a way to connect with community)

by Kenneth Ginsburg

Raising Our Children to be Resilient
by Linda Goldman

Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment
By Martin Seligman

ADAPT is recruiting for the last wave of the project. You can help us better understand reintegration in military families and have a say in future resources and services provided to reintegrating military families!

If you live in Minnesota, are a parent of a 5-12 year old, and have been deployed (or your spouse/partner has been deployed) since 2001, we want to hear from you!

To learn more about the ADAPT project, go to www.cehd.umn.edu/fsos/adapt.
If you know someone who might be interested, you can earn a $20 gift card for referring a family that joins the study.

For more information, you can call us at 612-624-4830 or e-mail us at adapt@umn.edu.

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http://www.cehd.umn.edu/fsos/adapt