

Family Resilience Conversation Guide

Five strengths-based prompts for conversations that support connection, reflection and small next steps.

Purpose: These prompts help caregivers notice strengths, slow down and choose one realistic next step. They are educational conversation starters, not clinical assessment tools.

Five resilience-building conversations

1. Notice what is already working

When did our family handle something hard a little better than we expected? What helped?

Listen for existing strengths: asking for help, pausing, repairing, humor, flexibility or persistence.

2. Make feelings easier to name

What feeling showed up most strongly today? Where did you notice it in your body?

Accept the feeling without immediately fixing it. Naming can create space for choice.

3. Separate the problem from the person

If this problem had a name, what would it be trying to make us do? What could our family do instead?

Keep the child and caregiver on the same team against the problem.

4. Choose one small practice

What is one thing small enough to try this week—even on a busy day?

Prefer a two-minute practice that can succeed over an ambitious plan that adds pressure.

5. Reflect without grading

What did we notice when we tried? What should we keep, change or make easier?

Treat the result as information. Curiosity supports learning better than success/failure labels.

A simple weekly rhythm

NOTICE one strength → **NAME** one need → **TRY** one small action → **REFLECT** with curiosity

Caregiver reflection

What does my child need more of from me this week: calm, clarity, connection, encouragement, structure or repair?

One practice we will try

When we will try it

Responsible use: This guide is for general education and reflection. It does not diagnose or treat a mental health condition and is not a substitute for individualized care. If there is immediate danger or a crisis, contact local emergency services or an appropriate crisis resource.