








# Raising Resilient Kids

## Looking for Support Navigating the Complex World of Parenting?

Raising Resilient Kids parenting groups are for parents with kids 0-6 years old. In this group, we teach skills to prepare and support you in raising a secure, resilient child based on the best evidence from child development, mindfulness, attachment, and reflective parenting. You will learn to be curious of your child's inner world, navigate conflict, normalize distress, and manage not only your child's but also your own big emotions and behaviors. For more information talk to your primary care provider.



## Course Content Overview

-  Parenting is Messy—Embracing the Good Enough Parent
-  We All Flip Our Lids—Managing Big Emotions
-  Bringing Curiosity and Friendliness to Our Experiences—Mindfulness and Compassion
-  We All Have the Same Needs—Supporting Secure Attachment in Our Kids
-  Noticing and Responding to Our Parent Alarms
-  Navigating Rocky Times and Repairs
-  Supporting the Emotional Climate of Your Family

Follow this QR Code for more information on RRK & other Mind Space programs



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