

**From:** Edith Yoder [mailto:edithy@bridgeofhopeinc.org]  
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**Subject:** Are you raising resilient children and young adults?

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## Are you raising resilient children and young adults?

**November 2017**



Dear Friends,

Dr. Carmela DeCandia is a national leader in research on homeless families and co-author of [Services Matter](#), a report that guided Bridge of Hope's innovation process over the past two years. Dr. DeCandia spoke last month at our annual Bridge of Hope Conference. She defined resiliency and outlined 5 ways to build childhood resiliency. Resiliency, is positive adaptation during or after some threat or disturbance. It is the ability to bounce back. Dr. DeCandia encouraged us to think about building resiliency in children in the same way we think about putting a penny, one at a time, into a resiliency penny bank. And the two best windows of opportunity for supporting resiliency is when a child is under 5 years of age and when a young person is ages 15-25.

The 5 ways to put pennies in the resiliency penny bank for a child or young person are as follows:

1. Set goals and make them realistic, chunk-size goals.

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2. Encourage independent thinking. Let them figure it out and learn how to solve problems.
3. Work to help develop social skills.
4. Build empathy.
5. (This is my favorite! I'm a long-time believer in the importance of play for children. Here's a photo of my two favorite girls and our recent play-time!)



**Watch this brief video on the impact of family homelessness by Dr. Carmela DeCandia**

On a side note, if you are looking for something to do with your family that could generate great conversation about resiliency (ages 10 and up, I would think), consider going to see the movie "Same Kind of Different As Me." It is based on the book by the same name, by Ron Hall and Denver Moore. I saw it a week ago with a friend and shed a few tears! Watch this [1 minute video from author Ron Hall](#), when he talks about neighboring and Bridge of Hope:

My favorite line in the movie was when Denver Moore (who is homeless) says that when people give money to someone who is homeless, it doesn't solve their homelessness but it is a way of saying, "I see you." At Bridge of Hope, one of the four core roles of a Neighboring Volunteer is: Opening my eyes.



What can you do that says "I see you" to a family facing homelessness? Be a part of Bridge of Hope and the neighboring movement! To learn how, click [here](#).

O God, help us to truly see each woman and each child facing homelessness.

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