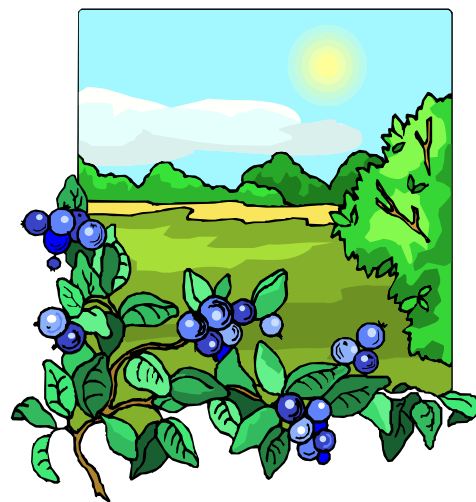


The Seven "Resiliencies"

Strengths that foster resiliency in children according to the work of Drs. Steve and Sybil Wolin

- ★ Insight
- ★ Independence
- ★ Relationships
- ★ Initiative
- ★ Creativity
- ★ Humor
- ★ Morality



"Profile of the Resilient Child"

Characteristics of Children Who Succeed in Spite of Troubled Environments

Thirty year longitudinal research by Emmy Werner, now replicated in various settings by many others, has resulted in the identification of certain factors that facilitate the development of youth who do not get involved in life and health destructive behaviors, even though they may come from troubled families, neighborhoods, or communities.

The characteristics of the resilient child are

- ★ **Autonomy** (including healthy resistance)
- ★ **Social Competence** (including relationship skills and humor)
- ★ **Problem-Solving Skills** (including the ability to think critically and take initiative)
- ★ **Sense of Purpose and Future** (including special interests, goal directedness, and motivation)

Children who succeed have adults in their lives who provide caring and support, transmit high expectations and facilitate responsible facilitation in and contribution to the functioning of the family, classroom, school and community. These adults—parents, teachers, neighbors, youth workers, aunts, uncles, grandparents, clergy, counselors, health care providers—are able to light a child's dream of a better life. In some cases there was only **ONE** significant caring adult who made the difference.

[Adapted](#) by Steve and Sybil Wolin

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