



Bounce Back & Thrive! (BBT)

Results of Parent Pilot Groups

After the skills training, parents said they felt...

- Less stressed
- Less bothered by challenges and mistakes
- More “I CAN DO it”
- More “IN CONTROL”
- More positive things to appreciate in life
- More optimistic about the future



More than 90% of parents said they were...

- More knowledgeable about building resilience
- Using what they learned at least once-a-week (61% daily)
- Modeling the skills with their children (like calming, looking for positives)



- More patient with their children
- Looking more often for their children’s strengths and positives

And this has led to changes in their children...



- Calmer
- Handle frustrations better
- More patient
- Keep trying/ try new things
- More confident
- Better able to ask for help
- Use the skills with other children and adults

And now parents say...

- They have a better relationship with their children
- They feel more confident about their parenting

And no surprise, we found...

The more sessions parents attended:

- The more **knowledge** they have about building resilience
- The more **‘resilient’** their thinking is
- The more they **use the skills** with their children

