



# Reaching IN...Reaching OUT

... promoting resilience in adults and young children since 2002

## OUR PROGRAMS & RESOURCES

**Reaching IN...Reaching OUT (RIRO)**<sup>1</sup> is an innovator in promoting resilience on various levels—from providing evidence-based skills training to adults who live and work with young children to helping organizations and communities create “cultures of resilience” through leadership training and knowledge mobilization.

**RIRO’s approach** helps individuals, organizations and governments respond to the challenges facing Canada’s families—particularly vulnerable ones—as they experience serious economic pressures and social upheaval leading to increased stress.

*“The RIRO skills training really opens your eyes about how you perceive yourself and the children in your care. It helps you question your reactions and generate alternatives. It gives you tools to build resilience.”*

Early Childhood Educator

**“RIRO” Resiliency Skills Training Program** is based on more than 35 years of research by Dr. Martin Seligman and colleagues at the University of Pennsylvania and the Penn Resilience Program<sup>2</sup> as well as over 10 years of RIRO’s systematic evaluation. Thousands of service providers have been trained to use the RIRO skills to *help them help children they work with* develop a resilient approach to handling life’s inevitable stresses and challenges.

**In the original pilot project in 2002**, ECEs reported that modeling the resiliency skills worked with children of all ages and that children as young as 3½ years benefited from direct skills teaching. Ongoing follow-up evaluation with RIRO skills training participants from a range of fields serving children and their families confirms the original pilot results.

**In follow-up surveys**, participants report: 96% use the skills at work; 92% use the skills elsewhere (home, communities); 98% role model resiliency skills with children; and 93% say the training helps them recognize and support positive changes in children. And most importantly, participants say they observe children exposed to the resiliency skills using them with other children.

### Top five ways RIRO skills help children...

1. Calming down
2. Problem solving
3. Seeing mistakes as OK & persevering
4. Being confident in their abilities
5. Helping others (empathizing)

### Top five ways RIRO skills help adults working with children...

1. Putting things into perspective
2. Assessing children’s behaviour & thinking
3. Being understanding & supportive with families
4. Being calmer, reducing their own stress
5. Understanding, being more empathic with children

<sup>1</sup> Sponsored by the Child & Family Partnership

<sup>2</sup> Reivich, K. & Shatté, A. (2002). *The Resilience Factor*. New York: Broadway Books.

# Resiliency Skills Training & Resources for Parents

RIRO's "Resilient Parents – Resilient Kids" project<sup>3</sup> developed a number of resources to enhance parent-child relationships and prepare parents to role model resiliency skills that help them and their children steer through life's challenges, and not only survive, but thrive.

**Bounce Back & Thrive! (BBT)** is a new 10-session evolving evidence-based **resiliency skills training program** for parents with children under 8 years. BBT was adapted from the evidence-based RIRO Resiliency Skills Training Program for service providers. It was piloted in diverse communities with 18 groups of parents who were experiencing significant challenges.



**The findings are very promising.**

100% of parents in the pilot say they would recommend the training. They

report using the resiliency skills regularly and modeling them with their children. And they have a greater sense of calmness and control, are more positive about their children and hopeful about life. They also say that their children are calmer and show greater patience, confidence and perseverance. Findings from the ongoing evaluation are consistent with pilot results. For details, go to [www.reachinginreachingout.com/effectiveness-bb&t.htm](http://www.reachinginreachingout.com/effectiveness-bb&t.htm).

*"BBT helped me deal with things in an appropriate way and build a closer relationship with my child. Every parent or person should know these things to get through life, and build good relationships."*

Parent

RIRO's **parent website** ([www.reachinginreachingout.com/parents/](http://www.reachinginreachingout.com/parents/)) has many resilience-building resources for families with young children including parent-child activities, parent resource sheets, children's storybook lists, posters and videos of real parents and children demonstrating resilience in action. A presentation to promote awareness about building resilience in families with young children also is available through RIRO and BBT Trainers.

**Build resilience in your community!**  
For more information about  
RIRO Resources and how to  
become a "RIRO" or "BBT" Trainer:  
[www.reachinginreachingout.com](http://www.reachinginreachingout.com)  
or  
[info@reachinginreachingout.com](mailto:info@reachinginreachingout.com)

*"We ran our first BBT program this fall and the parents loved it. They found the skills very empowering and integrated them into their lives. We are running BBT again this winter. Word got out in the community and we didn't have to advertise as we have a waiting list."*

Social Worker

<sup>3</sup> This 3-year project (2010-2012) was funded by the Social Development Partnerships Program of the Government of Canada.