

# CENTER FOR RESILIENCE & WELLBEING IN SCHOOLS



*Established to provide national leadership in the promotion of safe and supportive school environments*

*We care about social, emotional, mental and behavioral health, academic achievement, and resilience.*

*We strive to develop and support trauma-sensitive, culturally responsive structures and practices at the Center and for school environments.*

**LET'S CONNECT™** is a parenting program designed to build caregiver skills of self-awareness, emotion regulation, supportive presence, and communication with children.



Let's Connect™

## WHO IS LET'S CONNECT™ FOR?

- caregivers of children and youth (ages 5-12)
- prevention model (individual or group formats)
- strategic enhancement with evidence-based treatments for families
- Individual and group applications
- 8-12 sessions



**LET'S CONNECT™** teaches skills grounded in developmental and clinical research demonstrating that adult response to child emotion is central to fostering children's emotion regulation, emotional security, mental/behavioral health, physical health and academic success.

Skills are taught to parents/caregivers using:

- Direct instruction and discussion
- Live, guided skills practice & role play
- Guided mindfulness & wellness practices

Let's Connect™ is:

### SKILLS

**Emotion Coaching**

- Extending Children's Understanding of Emotion
- Coping Strategies
- Problem-Solving

**Emotion Support**

- Perspective Taking
- Empathy
- Normalizing
- Showing Care and Kindness

**Connection Skills**

- Notice and Appreciate
- Listen to Learn More
- Label feelings

**Intentional Environments**

- Routines, Rituals and Rhythm
- Order
- Roles and Responsibilities

ROOF

WALLS

FOUNDATION



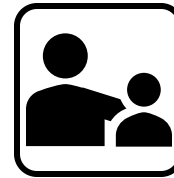
### Resilience promoting

A supportive relationship with a safe, stable and nurturing adult is the single most important factor for promoting resilience.



### Emotion-focused

Emotions serve an important purpose in our lives. By paying attention to our emotions, and attuning to emotional experiences we build capacity for responding to challenges in healthy and adaptive ways.



### Trauma-responsive

LC fosters caregiver supportive communication and response around child emotional needs, challenging topics (e.g. divorce, incarceration, separation, loss), and child traumatic experiences.

How do I learn more about Let's Connect ?

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