

## **When Things Aren't Perfect: Caring for Yourself and Your Children**

"Kids are resilient..." We hear that message a lot. We usually hear it when hard things have happened. Traumatic events can cause a lot of stress for children, and when kids don't have the right amount of support, the events can cause damage. As we learn more about how children's brains develop, we understand that ongoing stressful experiences can cause real damage to the brain and to children's overall physical and mental health and well-being. Parents and other loving adults are very important in helping children practice resiliency. Parents need to take care of themselves before they will be able to help their children.

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