



Bounce Back Book Series

What is the Bounce Back Book Series?

The Bounce Back Books teach parents and caregivers how to instill resiliency skills in children. There are currently two books in the series:

- *The Bounce Back Book Birth to 2 Years: Laying the Foundation for Resiliency in Your Infant and Toddler*
- *The Bounce Back Book: Building Resiliency Skills in Your Preschooler*

The books have information about childhood development, helpful tips about raising children, and interactive games and activities that help parents and caregivers instill resiliency skills in children. The information and activities in the books have been reviewed by experts in early childhood development and children's mental health and wellness.

Who can use this tool?

Parents, caregivers, and anyone who is a key figure in the life of a young child will benefit from the Bounce Back Books. They are easy to read and intended for caregivers of every educational background and experience level.

Why use this tool?

Research has shown that resiliency skills are formed during childhood, and start being built as early as infancy. Building resiliency in children at a young age helps prepare them for life's ups and downs.

Resiliency skills are crucial for people to cope with setbacks and adversity in their life and are a foundation for good mental health. Resilient people live longer, are more successful at work and school, and have more positive relationships. They are also less prone to mental health problems and illnesses, such as depression.

How is this tool used?

Using the tool is as simple as reading the books and participating in the suggested activities with your child. By doing so, your child will be well on his or her way to building resiliency skills.

Where can I find it?

Copies of both books in the series are available in communities across the province through **ParentLink Centres**. Centre locations can be found online at www.parentlinkalberta.ca.

The books can also be ordered or downloaded from the AMHB Website at www.amhb.ab.ca/bouncebackbook.



**For more information about the Bounce Back Book Series,
contact the AMHB Mental Health Promotions Team at (403) 297-3679**