

ONTARIO EARLY ADVERSITY AND RESILIENCE FRAMEWORK

Building Resilience Together: Empowering Families, Strengthening Communities



The visual representation of the framework uses the metaphor of connected communities to show *how children, families, and communities can address adversity and build resilience*. At the centre is the **main goal**, representing the heart of the framework. This is surrounded by **four key focus areas** that target essential aspects of children's development and family well-being. These focus areas show where action is needed and are grounded in a strong foundation made up of **ten guiding principles**. The principles represent the core values of the framework, providing stability and shaping how actions are carried out. **Five pathways to change** circle the framework, shown as roads connecting communities. These roads symbolize how change moves and spreads, creating links between people and places. Together, these elements create an integrated and comprehensive approach to building resilience.

FOCUS AREAS

SOCIALLY CONNECTED, EQUITABLE, AND INCLUSIVE COMMUNITIES:

Children's health and development are significantly influenced by their immediate social environment, the built and natural environments, and systemic factors shaping those environments.

SOCIAL AND EMOTIONAL DEVELOPMENT AND RESILIENCE:

Childhood is a fundamental time for the development of lifelong social and emotional competence and resilience which equips children with the skills to manage stress, build healthy relationships, and adapt to challenges.

REPRODUCTIVE HEALTH AND PARENTING/CAREGIVING READINESS:

Access to reproductive health services and perinatal support empowers individuals to make informed choices. With the right support, families feel prepared to create safe, stable, and nurturing relationships and environments for children. Prioritizing perinatal mental health, strengthening support systems, and building knowledge fosters confidence, positive relationships, and long-term well-being.

RESPONSIVE AND CULTURALLY SAFE PARENTING/CAREGIVING:

Parents/Caregivers are the most important and influential part of a child's life, shaping their overall health and well-being. Providing culturally safe support for families to reduce sources of stress, strengthen core skills, and support responsive relationships can build a strong foundation for children that promotes resilience and reduces adversity.

Experiences in childhood have lifelong impacts

- ## ABOUT THE FRAMEWORK

A CALL TO ACTION

earlyadversityandresilience.ca

