

DELAWARE INSTITUTE FOR  
**Excellence in**  
**Early Childhood**

**Cultivating Hope**  
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Psychologists define resilience as the process of adapting well in the face of adversity, trauma, and other significant sources of stress. These include family and relationship problems, serious health issues, or workplace, and financial stressors. One, some, or perhaps even all of these adversities may have touched a family during this pandemic.

Resilience involves "bouncing back" from these difficult experiences and also can include far-reaching personal growth. As we navigate our new course, we need to have confidence that we are life-long learners, creative thinkers, problem solvers, and passionate professionals who, when faced with adversity, will rise exuding strength, compassion, and grit. The landscape of the early care and education field may differ from previous times. Still, our ability to learn, lead, and empower in this new world will surely exemplify hope for the children, families, staff, and communities.

It is essential to acknowledge the insights, ideas, and feelings of all members of our learning communities, building on strengths, and creating a vision where everyone feels empowered as an integral team member. This message of inclusivity can lead to a renewed sense of cohesion and belonging, essential facets of any positive, forward-thinking, and thriving community.

Reopening the early care and education programs will take effort. Carol S. Dweck, a renowned psychologist, highlights the importance that "effort is one of those things that gives meaning to life. Effort means you care about something, that something is important to you, and you are willing to work for it." She notes, "to picture your brain forming new connections as you meet the challenge and learn. Keep on going."

We need to envision a better tomorrow; our students, families, and staff are counting on us.