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**M1: Resilience and Growth (From Susie's Family Story)**

<b>Core Concept (From Susie's Story)</b>	<b>Keywords</b>	<b>Related Network Resource</b>	<b>Linked Action</b>
<p><b>M1.006: Emotional Regulation for Families</b></p>	<p>1. <b>Emotional regulation</b>            2. Managing emotional reactions            3. <b>Family communication</b>            4. Reducing conflicts            5. Stress-relief techniques</p>	<p>1. <b>"Mastering Emotional Regulation in Families"</b>: This guide provides insights into managing emotional reactions within the family to improve overall harmony.            2. <b>American Academy of Pediatrics</b>: A trusted resource offering advice on emotional regulation for children and families, focusing on building communication and managing stress.            3. <b>Family Communication Strategies</b>: Tips and strategies for enhancing family communication, reducing conflicts, and promoting emotional understanding.            4. <b>Tippecanoe Stress Relief Programs</b>: Local services providing families with tools and programs to improve emotional regulation and manage stress effectively.</p>	<p><b>Key keywords:</b> emotional regulation, family communication, managing emotional reactions, stress-relief techniques. These resources help families develop <b>emotional regulation</b> and enhance <b>communication</b> skills to reduce conflicts.</p> <p>1. <b>Learn about mastering emotional regulation</b>  <a href="https://www.psychologytoday.com/us/basics/emotional-regulation">https://www.psychologytoday.com/us/basics/emotional-regulation</a>            2. <b>Explore resources from the American Academy of Pediatrics</b>  <a href="https://www.aap.org/">https://www.aap.org/</a>            3. <b>Tippecanoe Stress Relief Programs</b>  <a href="https://www.tippecanoe.org/stress-relief">https://www.tippecanoe.org/stress-relief</a>            4. <b>Improve family communication strategies</b>  <a href="https://www.verywellfamily.com/improving-family-communication-4164403">https://www.verywellfamily.com/improving-family-communication-4164403</a></p>