

THE RESILIENCE RESET

**DAILY HABITS THAT BUILD STRONG, HEALTHY KIDS
SIMPLE, SCIENCE-BACKED STEPS YOU CAN START TODAY**

JESS SHERMAN, FDN-P, MED, RHN

www.JessSherman.com



When I wrote my book, *Raising Resilience*, my youngest was four and I was overwhelmed. I remember thinking, “Don’t mess this up!” almost every day.

Now, as a calmer mom of three teens, and after nearly two decades of supporting families, I’ve learned this: resilience isn’t something kids are just born with – it’s something we can build, one small daily choice at a time. It’s also something that grows from the inside out.

This guide pulls together the six things I wish I had known sooner along with simple actions that support them. They are simple, science-backed, and powerful.

For the full article, go [HERE](#).



DAILY HABITS YOU CAN START TODAY

1) Focus on Attachment

Secure attachment wires their brain for safety and resilience and forms the foundation of nervous system health.

Daily Action Steps:

- Spend at least 10 minutes of focused time each day with your kids – free of phones and distractions, pings and noises.
- Focus on connection before correction.
- Remember that emotional safety is a biological need. Kids lash out or withdraw when they don't feel safe.

2) Dependence Comes Before Independence

Kids need to lean before they can stand tall.

Daily Action Steps:

- Be the consistent, predictable, safe base your child knows will hold.
- Craft experiences for them to lean on you for your knowledge and ability.
- Praise them for seeking help as much as for figuring things out alone.



WATCH OUT FOR THESE COMMON PITFALLS

Using food as a reward

Keep food neutral; it's just a tool for nourishment that's meant to be enjoyed. Reward with extra time for fun things, or praise for a job well done.

Normalizing picky eating and "kid food"

Instead, stay curious and figure out what's at the root of the selective eating; keep offering variety and avoid "kid menus" altogether.

Reacting to behavior instead of understanding it

Instead of focusing on punishments or consequences, ask, "What is making my child feel off?" Figure that out before deciding how you're gonna react.

Short-order cooking

Instead, stick to one family menu with flexible sides.

Screens in cars

Looking out the window of a moving car, watching people and trees while in a stroller, looking at faces of people – all of this helps the brain develop. Delay devices as long as you can so your kids look up (and for so many other reasons!)



3) Food is More Than Fuel - And The Gut is Crucial.

It's ok to be that parent who insists on keeping out the junk.

Daily Action Steps:

- Colorful foods at each meal.
- More real food than convenience foods.
- Teach your kids to cook (or help prep).
- Eat together as a family at least 3x/week
- Watch for early signs of imbalance like constipation, eczema, frequent illness, or chronic picky eating. Take that seriously.

4) Protect Sleep - It's Active Brain Nourishment

Even one poor night can lower immune defences and dysregulate mood.

Daily Action Steps:

- No screens and sugar the hour before bed.
- Stick to a consistent, calm bedtime rhythm.
- Protect bedtime. It's a key attachment opportunity.
- It's ok to say no to events that interfere with sleep

5 CORE NOURISHMENT NEEDS

Real Food * Quality Sleep * Movement & Play * Emotional Connection * Clean Air & Water

This is what the body has evolved to need and expect.
They are non-negotiables for good health & resilience

YOU'VE GOT THIS!

If I could go back, I'd tell my younger self this: "Focus less on not messing up, and more on building the basics:

- Safe attachment
- Healthy dependence
- Nutrient-dense food
- Quality sleep
- Daily movement
- Reducing hidden stressors

And my bonus advice?

- Fewer screens
- Listen more than you speak
- Get support when you need it

Days can feel messy, but it's actually the small, repeated choices, guided by intention, that shape resilient, healthy kids.

Read the full article [HERE](#) and share it with another parent – it works best when we support each other.

5) The Brain Develops as the Body Moves

Movement wires the brain.

Daily Action Steps:

- Aim for at least one hour of active play a day.
- Prioritize outdoor time and find natural spaces.
- Let kids climb, dig, spin, swing, jump. This strengthens the brain
- Model movement yourself so kids learn that it's daily fuel, not optional.

6) Reduce Hidden Stress (every input matters)

Stress isn't just emotional; be mindful of all the things that overload a child's system.

Daily Action Steps:

- Make meals and bedrooms screen-free zones.
- Simplify schedules and leave room for rest and unstructured play.
- Get toxins out of the home and purify air and water.
- Support the gut after antibiotics; comfort fevers rather than always suppressing them.

About Jess Sherman

Jess is dedicated to offering families simple, natural tools for calmer behavior, steadier moods, and stronger learning, especially when kids struggle with anxiety, attention, or overwhelm. She is a Functional Diagnostic Nutrition® Practitioner, Board Certified in Practical Holistic Nutrition, and also holds a Master's Degree in Education. Her work helps families uncover the nutritional and biological roots of behavior so they can create calmer homes, feel more confident in their parenting, and support their children's health, learning, and emotional well-being.



No part of this document should be considered medical advice nor should it take the place of medical advice.

RaisingResilience.ca | [instagramaskJessSherman](https://www.instagram.com/jesssherman) | www.jesssherman.com