

## ABSTRACT

*The communication process that is established between the father and mother of a mentally retarded child is full of challenges, in this situation, the mentally retarded child needs to be given treatment in the family. The purpose of this study is to describe the communication of parents of mentally retarded children in building family resilience using the communication theory of resilience. The methods and samples in this study used qualitative methods by collecting data through interviews with ten informants, namely five fathers and five mothers of mentally retarded children. The results of this study showed that communication is carried out by parents of mentally retarded children in building family resilience including a) crafting normalcy b) foregrounding productive action while backgrounding negative feelings c) affirming identity anchors. The three processes resulting eleven themes including communication with partners, cooperation, social activities, new routines, getting closer to God, get support in creating normality, discussions with partners, using obstacles as a strategy, being confident in explaining identity, sharing stories, get support when experiencing difficulties, and comparing yourself to others are factors for building family resilience. This study can help give information about the communication process that parents with mentally retarded children can do to build family resilience.*

**Keywords:** *Communication, Family, Communication Theory of Resilience, Children with Mental Retardation, Family Resilience.*