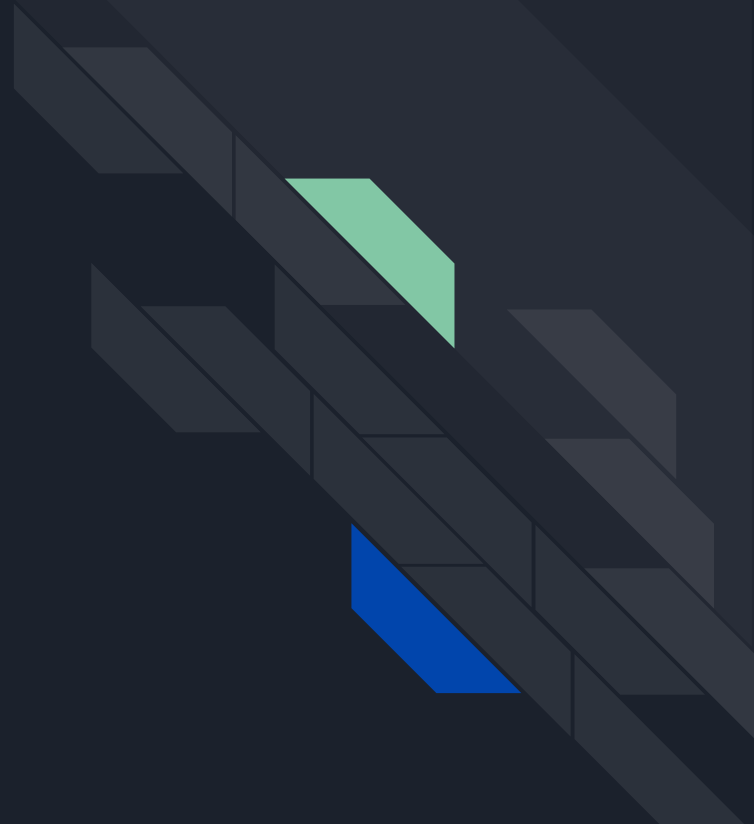


Tips & Tricks to Foster Resilience in Children: A guide for parents

Day 2



Rules of engagement

- Be respectful when others are talking
- No swearing, spitting or lollygagging
- Feel free to share but only what you are comfortable sharing
- Confidentiality, please!
- Any others?



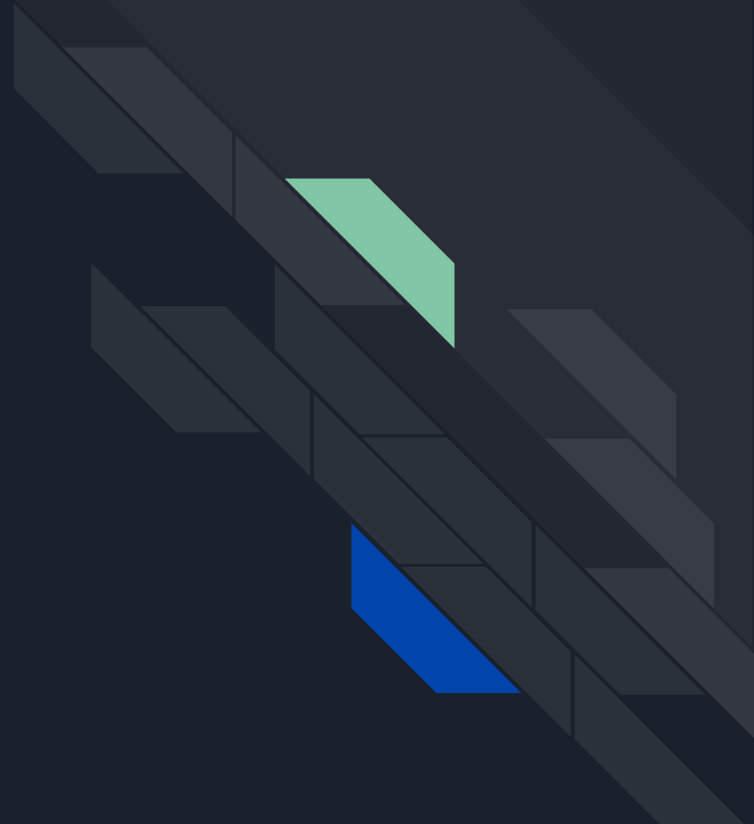
Synopsis of Day 1

- Defined resilience and adversity
- Discussed factors influencing resilience
- Discussed parental resilience
- Parent role modelling activity
- Discussed community supports

Factors that influence a child's experiences of and reactions to adversity



What allows us to cope
with adversity?





Internal Resources

- **Delayed gratification** - ability to work toward something without an immediate award
- **Problem solving** - ability to move from a given state toward a more desirable goal
- **Adaptability** - ability to cope with an unexpected disturbance
- **Emotional regulation** - ability to shift into and out of different feeling states or behaviours
- **Distress tolerance** - ability to stay with discomfort
- **Internal motivation** - internal (as opposed to external) locus of control that drives behaviour
- **Self-discipline** - ability to motivate oneself, regardless of emotional state

Coping skills - Facing failure

- Participation trophies
 - Belief that all children should receive equal reward regardless of achievement
 - “Regardless of who wins, we’re all winners”
 - Attempts to increase self-esteem of children
- Drawbacks:
 - Convey that failure is something to be feared and ashamed of
 - As a result, children do not learn how to overcome and cope with failure
 - Linked to compromised ability to deal with stress later in life; leads to mental health concerns, anxiety, depression etc.
 - “Nonstop recognition does not inspire children to succeed. It can cause them to underachieve”



Carol Dweck Praise Study



Carol Dweck study: <https://www.youtube.com/watch?v=NWv1VdDeoRY>



Carol Dweck Praise Study - Takeaways

GOOD PRAISE ...

- Focuses on the process and effort
- Values resiliency, rather than perfection and solely positive results
- Centres around facing setbacks and adversity, rather than avoiding them

Delayed gratification - Marshmallow test



https://www.youtube.com/watch?v=QX_oy9614H



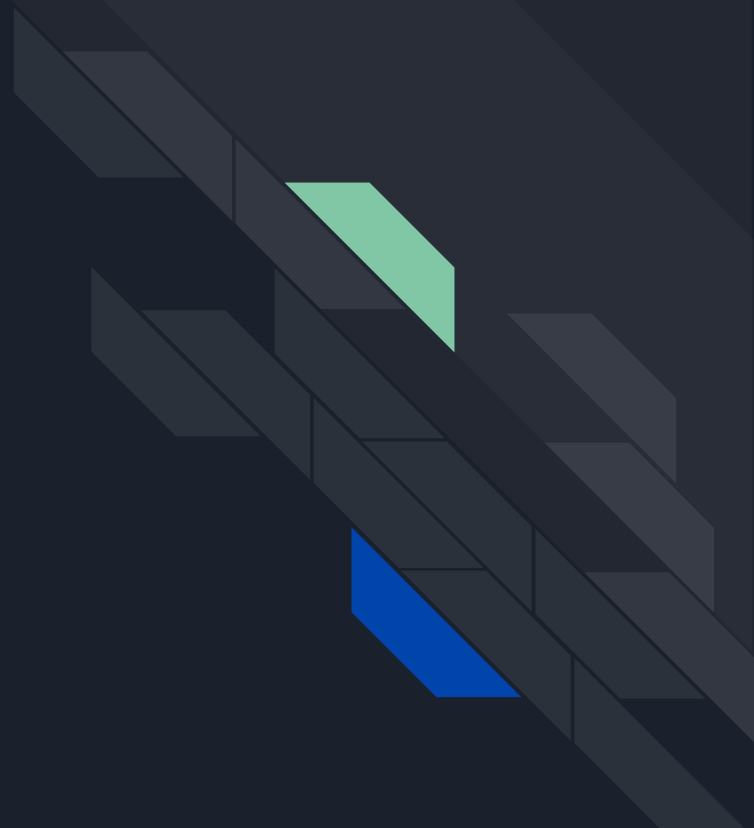


Marshmallow test - takeaways

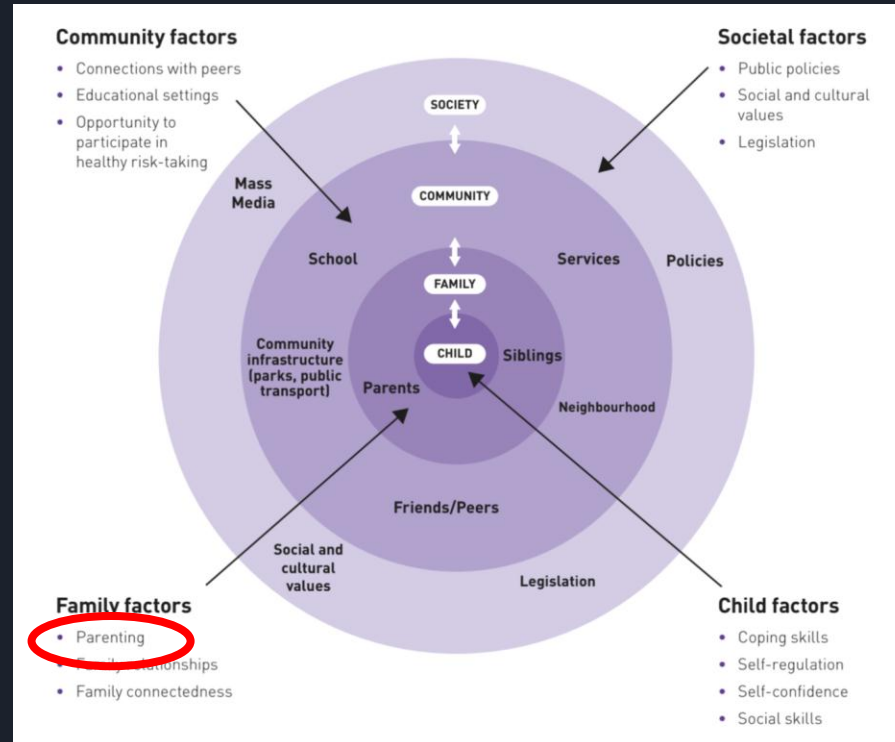
- Delayed gratification
- When presented with tempting stimuli, individuals with low self-control showed brain patterns that differed from those with high self-control.
- Translates into
 - *Ex-smokers forfeit the enjoyment of a cigarette in order to experience good health and avoid an increased risk of lung cancer in the future*
 - *Shoppers resist splurging at the mall so they can save for a comfortable retirement*

Reflection: **Tips for encouraging children's responsibility and participation**

See handout #6



Factors that influence a child's experiences of and reactions to adversity





Tips for being a positive role model

1. **Take care of your health:** Show children that it is important to eat healthy foods, get enough sleep and exercise regularly. These reduce daily stress. They give us the mental and physical strength to deal with more serious challenges.
2. **Show understanding, compassion and kindness:** Imagine what it is like to walk in other people's shoes.
3. **Be in charge of your emotions:** It is OK to have all kinds of feelings. It is healthy to express them in constructive ways.
4. **Be patient:** Keep on trying even when things are frustrating. Show patience with your children when they are trying.
5. **Let go of being perfect:** Remember mistakes are just part of learning.

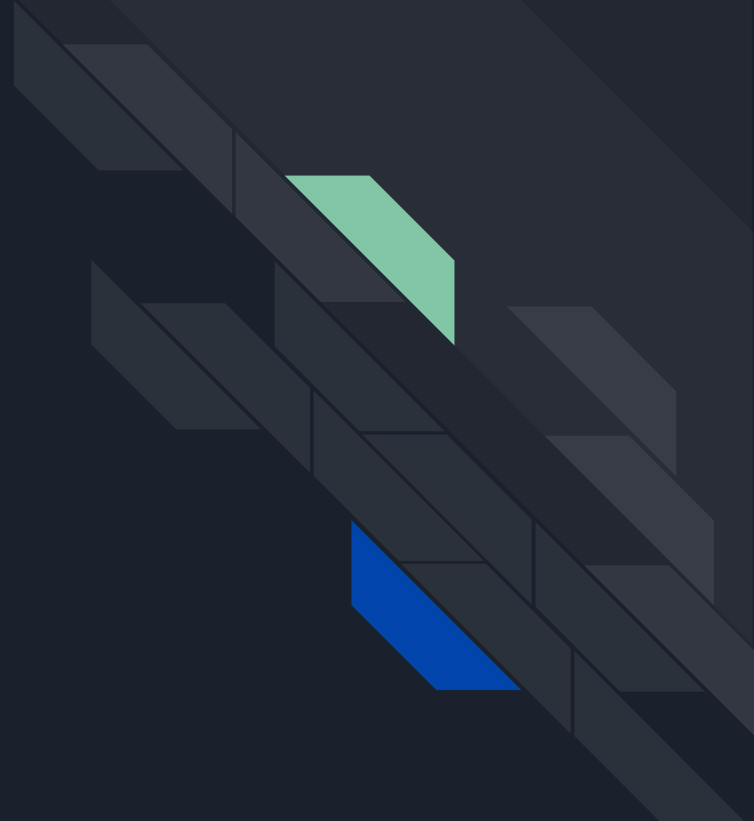



Tips for being a positive role model

6. **Stop and re-think:** When things go wrong, try not to jump to conclusions. Ask yourself: “How else can I think about this?” “What parts can I control?” “What else can I do?” Take a moment before you respond.
7. **Take responsibility for your own feelings and actions in front of your children:** “Oops, I just made a mistake on this, but I can make up for it by doing...” or “I’m sorry I yelled at you. Next time, I’m going to stop and calm down before I speak.”
8. **Use humour:** It reduces stress and helps us look at challenging situations with a positive outlook.
9. **Stay positive:** Enjoy simple pleasures. Look for the upside to challenges. This encourages us to keep trying. It also helps us learn from these experiences.
10. **Reach out for support:** Everyone needs help sometimes.
11. **Reach out to help others** who are going through difficult times.


Activity: **Positive role modeling**

Break out into groups







My son had his bicycle stolen. I was so mad at him. He came home crying and started to tell an unbelievable story that I knew made no sense. I just screamed at him and told him to go to his room.




My daughter spilled her milk again, all over herself and the kitchen floor. I told her so often not to play on the iPad when eating. I told her to go change her clothes and stay there. I then wiped the floor and cleaned the mess myself.



I arrived late at home – traffic was awful and my day at work was even worse. I was stressed over a deadline I could not meet. My co-workers and supervisor do not seem able to accept that it's out of my control. Then, I got home and the kids were screaming over a toy. I told them to shut up.



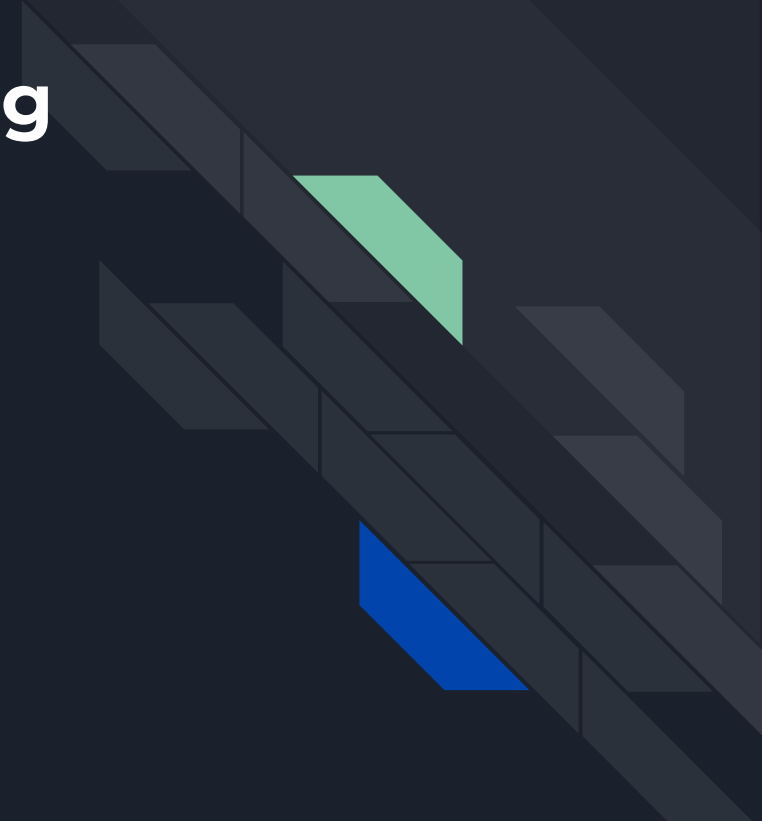
It was almost bedtime for my kids and they insisted on playing one more game. I told them to read a book instead, but they said they find reading to be very boring. I guess they're right, their happiness is more important.



During dinnertime, my daughter always goes on her smartphone. Ideally, I'd want her to talk to us during this time. However, I want her to think I am a 'cool' mom and more like a friend, so I don't say anything.

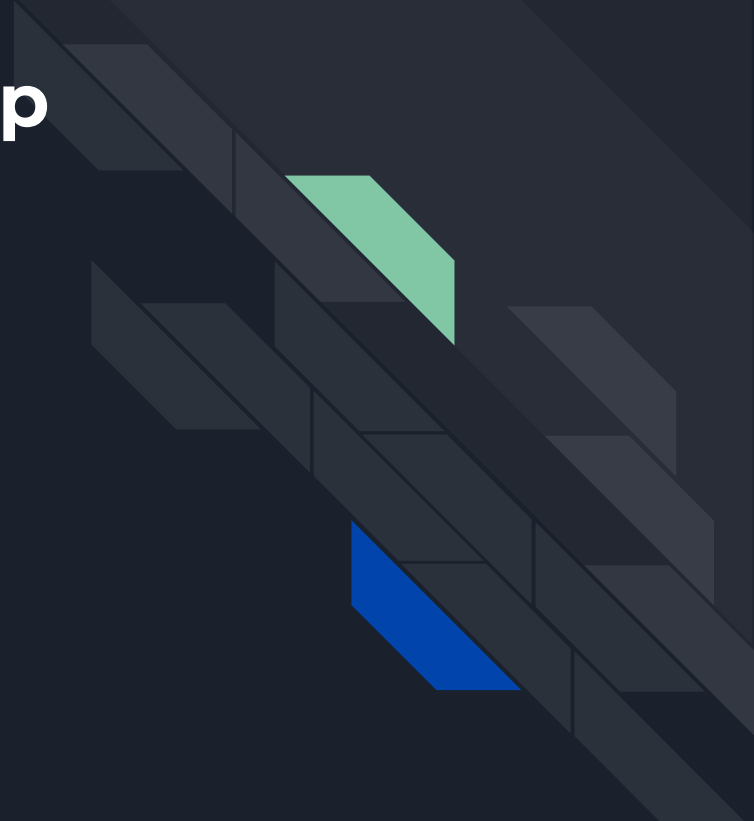
Reflection: **Tips for building caring relationships**

See handout #4



Reflection: **Helping develop thinking skills**

See handout #7



Commitment to change
and evaluation

