

Raising Resilient and Flourishing Youth



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Agenda

- Introductions
- Hopes and Dreams – Table Talk
- Resilience defined
- A review of how our brains process stress
- 3 keys to Building Attachment
- 7 Deadly Habits
- 3 Parenting Styles
- 2 Problem Solving Models
- 10 Tips for Building Resilience - Activity
- Appreciation and Closure



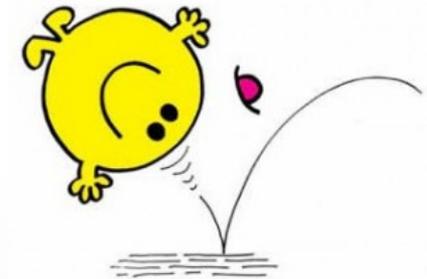
Table Talk: Hopes and Dreams

- Introduce yourself at your table. What are the names, ages of your child(ren)? Share a photo! (Try to keep it to one.)
- On the paper on your table, write down some of the hopes and dreams you have for your child(ren).
- What do you hope they will be like when they grow up?



Resilience is....

- the ability to find the inner strength to bounce back from a set-back or challenge.
- having a sense of mastery and management when faced with difficulty
- built over time.

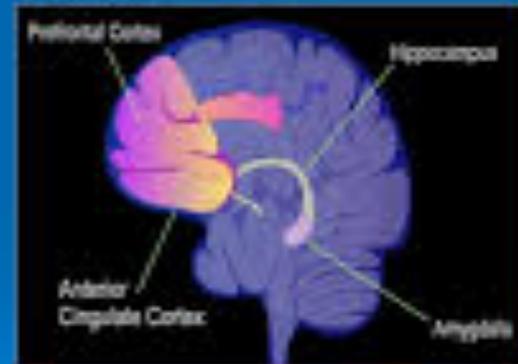


The Brain and Resilience

Trauma and the Brain

➤ 3 structures we will pay attention to today

- Amygdala-Limbic
- Prefrontal Cortex
- Brainstem



Building Attachment Key #1

Gordon Neufeld

The child is insulated against a wounding world by safe and emotional attachments to caring adults.

Ideas for Building Safe Emotional Attachments

Gordon Neufeld

- Invite your child to do something with you
- Let them see your delight in them
- Be close while your child is busy - 15 min / day can make a difference!
- Invite your child / teen to depend on you
- Connect before you direct
- Decide for your child
- Be on their side
- Eat meals together often
- <https://www.youtube.com/watch?v=XDKWhDfgqIs>

Everyone needs someone who believes in them

Who believed in you? For many of us it was one of the following:

- Mother
- Father
- Special relative
- Teacher
- Coach

Turn and talk to the person beside you about someone who played an important role in your life growing up. How would you describe their relationship with you?



Building Attachment Key #2

Gordon Neufeld

Resilience develops when
encounters with futility are truly felt.

Allow Encounters with Futility without Rescuing

“I know you want to have more screen time and you are frustrated with my ‘no.’

You will have more screen time tomorrow, but it is not going to happen right now.

It’s okay to be disappointed about this.”



Deborah MacNamara, Neufeld Institute

Bulding Attachment Key #3

Gordon Neufeld

Believing that one is strong enough to handle what could happen.

Choice Theory

William Glasser

Relationships and our Habits

Seven Caring Habits

1. Supporting
2. Encouraging
3. Listening
4. Accepting
5. Trusting
6. Respecting
7. Negotiating differences

Seven Deadly Habits

1. Criticizing
2. Blaming
3. Complaining
4. Nagging
5. Threatening
6. Punishing
7. Bribing, rewarding to control



Kids are Worth It!

Barbara Coloroso

The Brick Wall Family

I'm in charge here, you'll obey me or else!

The Jellyfish Family

I know I told you if you dented the car you'd have to pay for it. I'll pay for it this time, but trust me... next time you'll have to pay!

The Backbone Family

Go ahead and reach for the next rung.
I'm here to catch you if you need me.



Collaborative Problem Solving

Ross Greene

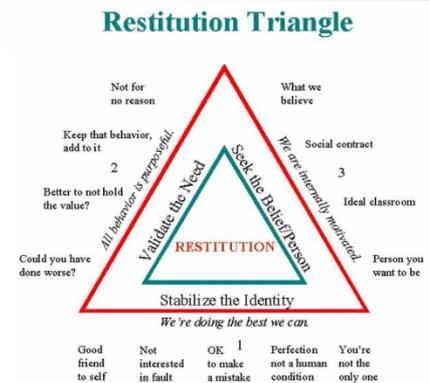
“Plan B”

- Empathy “I’ve noticed....”
- Define the Problem “My Concern is...”
- Invitation Step “I wonder if there’s a way...”



Restitution

Diane Gossen



- **Stabilize** “You’re not the only one...”
- **Validate** their intent “You didn’t do this for no reason...”
- **Identify values** pertaining to this . “We’ve talked about the importance of (value). Do you believe it?... “
- **Invite** “If you believe it, do you want to make a plan? How can you meet your need to ____ and be the person you want to be?”

Out Loud Thinking

- Luckily, we have lots of opportunities to model healthy responses to daily challenges.
 - It will be okay
 - I've handled something like this before
 - What are some ways I can solve this problem?
 - That was unexpected!
 - I'll take a breath and think about this before decide what to do.

10 Tips on Raising a Resilient Child

Margarita Tartakovsky

1. Don't accommodate every need.
2. Avoid eliminating all risk.
3. Teach them to problem-solve.
4. Teach your kids concrete skills.
5. Avoid 'why' questions. (yours, not theirs)
6. Don't provide all the answers
7. Avoid talking in catastrophic terms.
8. Let your kids make mistakes.
9. Help them manage their emotions.
10. Model resiliency.

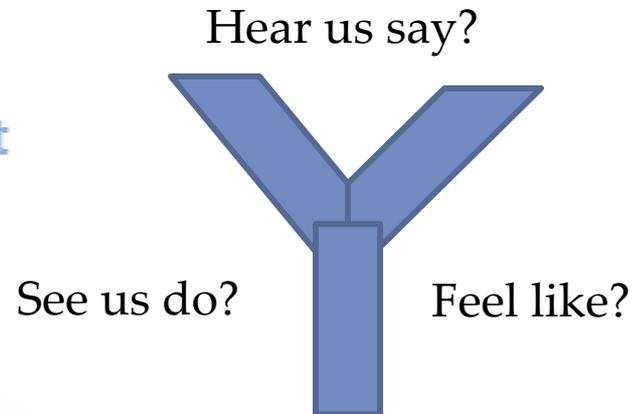


Activity

- On tables around the room you will find chart paper with the ten tips from Margarita Tartakovsky.
- Think about disappointments or worries your kids have. What would they hear us say, see us do, feel like if we practice using these tips?

Move

Miss a special event
Get braces
Feel picked on
Feel left out
Don't like haircut



Lose a game

Not picked for a team
Not invited to a party
Have to stop playing
Not get what they want

What do you want in Your Toolkit?

- Self-regulation
 - Mindfulness i.e. Breathing
 - Movement
- Problem solving (builds flexible thinking)
- Recalling previous successful experiences
- Modeling i.e. Self-Restitution (My part of the problem is... Next time I'll...), Positive self-talk, Self-compassion, Naming emotions

Cultivating Resilience in Children

Heather Ferguson

The most important safeguard we can provide is a **strong emotional attachment** to caring adults.

Kids need to feel their sadness and disappointment about all the things they can't change in order to adapt. So we need not get in the way of this with logic or reason, but instead help them keep their hearts soft enough to feel their upset and provide arms for them to cry in.

Finally, we have to **believe in our kids**, in their ability to endure the sadness and disappointment that comes with being human, and **believe that they are strong enough to handle what comes their way.**



Remember to Look After Yourself, too

10

PRACTICAL WAYS TO LOOK AFTER YOUR MENTAL HEALTH



TALK
ABOUT YOUR
FEELINGS



EAT
WELL



KEEP IN
TOUCH



TAKE A
BREAK



ACCEPT WHO
YOU ARE



KEEP
ACTIVE



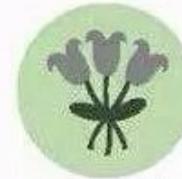
DRINK
SENSIBLY



ASK FOR
HELP



DO THINGS
YOU ARE
GOOD AT



CARE FOR
OTHERS

Summary

- **Model** the behaviour you want to hear and see from your children. (Problem solving, Flexible thinking, Self-regulation, Self-compassion)
- Let them know **you're on their team**. Come alongside to help them face a problem, and let them know that their behaviour won't interfere with your relationship.
- **Allow them to face, feel, and work through** life's conflicts and challenges.



Resources - Books

Coloroso, Barbara (2010) Kids are Worth It! Raising Resilient, Responsible, Compassionate Kids

Faber, Adele; Mazlich, Elaine (2012) How to Talk so Kids will Listen and Listen so Kids Will Talk

Glasser, William (2010) Choice Theory

Gossen, Diane (2005) It's All About We

Greene, Ross (2014) The Explosive Child

Neufeld, Gordon (2006) Hold on to your Kids

Siegel, Dan (2012) The Whole Brain Child



Resources - Web

Ferguson, Heather 'Cultivating Resilience in Our Children '
<http://www.heatherfergusonconsulting.com/cultivating-resilience-in-our-children/>

MacNamara , Deborah 'The surprising Secret to Raising Resilient Kids '
<http://macnamara.ca/portfolio/the-surprising-secret-to-raising-resilient-kids/>

MacNamara. Deborah 'The Roots of Resilience and Resourcefulness'
<http://learningandthebrain.sd38.bc.ca/sites/default/files/attachments/Fri,%2001/22/2016%20-%2010%3A56am/Roots%20of%20Resilience.pdf>

Tartakovsky , Margarita 'Ten Tips for Raising Resilient Kids
' <http://psychcentral.com/lib/10-tips-for-raising-resilient-kids/>

The Psychology Foundation of Canada (www.psychologyfoundation.org) has a number of helpful resources including:

- "Kids can cope: parenting resilient children at home and school"
- A series of 'tip sheets' on a variety of topics including managing screen time, positive discipline, managing stress and more.
- Kids Have Stress Too®! related resources for parents and caregivers

Thank you for being here
tonight!
Happy Parenting 😊

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