

BUILDING RESILIENCE IN CHILDREN

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RESILIENCE

Resiliency is the happy knack of being able to bungee jump through the pitfalls of life

(A.Fuller)

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The Importance of Resilience

- Resilience is **essential to success** in school and life
- Adults can help children become more resilient
- Fostering resilience in children **improves school and personal outcomes and reduces risk behaviors**



Help kids bounce back stronger.

Why is it becoming harder for young people to bounce back after set backs?

1: Treating young people like infants	6: Psychological cleanliness
2: Spotlight on the individual	7: Negative emotions are wrong
3: Black and white thinking	8: Ignoring the importance of bad feelings
4: Entitlement	9: The need to be perfect
5: Wrapping up in cotton wool	10: Too much choice

Profile of the Resilient Child

- Social competence
- Problem solving skills
- Autonomy
- Sense of Purpose and Future

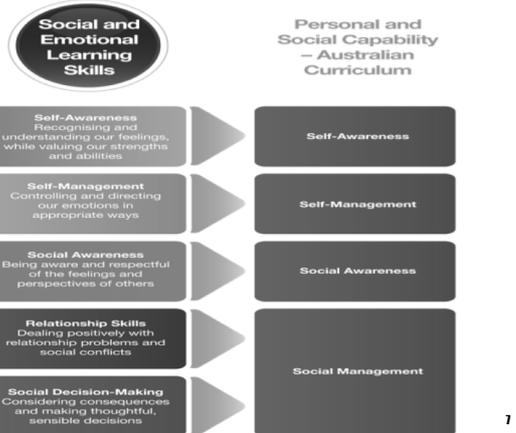


Social Competence

- Responsiveness
- Flexibility
- Empathy/caring
- Communication skills
- Sense of Humour



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Problem - Solving Skills

- Critical thinking
- Generates alternatives
- Planning
- Produces change



Help Your Child problem Solve By Saying...

- **What's our plan** – if you climb that bolder, cross that log?
- **What can you use** – to get across, for your adventure?
- **Where will you**- put that rock, climb that tree, dig that hole?
- **How will you** – get down, go up, get across?
- **Who will** – be with you, go with you, help you if?

What to say to children instead of 'be careful'

Help your child foster awareness by saying

- **Notice how** – those rocks are slippery, that branch is strong
- **Do you see** - the poison ivy, your friends nearby?
- **Try moving**- your feet carefully, quickly
- **Try using** - your feet, hands, arms, legs
- **Can you hear** - the rushing water, the singing birds, the wind?
- **Do you feel** - stable on that rock, the heat from the fire?
- **Are you feeling** – scared, excited, safe, tired?



Teach Children Mindfulness

Janet Etty-Leal
Dr Amy Salzman,

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Problem Solving

- **Define the problem**
- **Generate possible solutions**
- **Evaluate the solutions**
- **Make decisions - choose solutions**
- **Determine how to implement the decision**
- **Assess the success of the solution.**

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POOCH PROBLEM SOLVING APPROACH

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Identify the PROBLEM

Problem: Encourage the other person to think and speak freely

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Explore the OPTIONS

Options: Explore different ways to resolve the problem

O

Discuss the OUTCOMES

Outcome: Evaluate possible outcomes from all of the options

C

CHOOSE an option

Choose: Help the person decide on a course of action

H

HOW did it go?

How did it go? Review progress – re-engage POOCH process

Autonomy

- Self-esteem, self efficacy
- Internal locus of control
- Independence
- Adaptive distancing



Sense of Purpose and Future

Optimism encompasses the sense of having a bright future, a tendency to see challenging situations in positive terms, and a belief in one's ability to deal with whatever life brings.

- Goal directedness
- Achievement
- Motivation
- Educational Aspirations
- Healthy expectations
- Persistence
- Hopefulness
- Compelling future
- Coherence/ meaningfulness



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PROTECTIVE FACTORS WITHIN THE FAMILY

- Caring and Supportive Relationships
- High/Realistic Expectations
- Participation and Involvement.



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Caring Relationships

- convey compassion, understanding, respect and interest
- are grounded in listening
- establish safety and basic trust.



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High but Realistic Expectations

- Communicate not only firm guidance, structure and challenge

but most importantly

- convey a belief in the child/youth's innate resilience and look for the strengths and assets as opposed to problems and deficits.



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Participation & Involvement

having opportunities for.....

- valued responsibilities
- making decisions
- giving voice
- being heard
- contributing one's talents to the community



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5 REASONS KIDS NEED TO DO CHORES

1. They contribute to the household, feel the sense of community & team work.
2. They learn important skills that they will use throughout their lives.
3. They learn to be responsible.
4. They learn the value of work.
5. They start to have an understanding of what earning and wisely spending means.

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