

Building Resilience

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Group Norms for today's meeting

- All questions and concerns are valid, but expressed questions and concerns need to relate to topics covered.
- Respect one another's **confidentiality**.
- It is o.k. to disagree, or have a different perspective, but please do so **kindly and respectfully**.
- Hold space for everyone's experience and perspectives.
- This is a time to **empower one another as parents**, please be mindful to use non-judgmental tone and words.
- Remember you **ARE AMAZING**; parenting during a pandemic is one of the most difficult, if not *the* most difficult things you will ever do.

“Resilience is the capacity to rise above difficult circumstances, allowing our children to exist in this less-than-perfect world, while moving forward with optimism and confidence.”-Ken Ginsburg, M.D, M.S, E.D

RESILIENCE DEFINED

- **What is resilience?**

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress.

It means "bouncing back" from difficult experiences



Resilience can be taught



- Being resilient does not mean that a person doesn't experience difficulty or distress.

The road to resilience is likely to involve considerable emotional distress.

- Resilience involves a set of **behaviors, thoughts, and actions** that can be learned and developed in anyone

Center on the Developing Child  HARVARD UNIVERSITY

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IN BRIEF

What is Resilience?

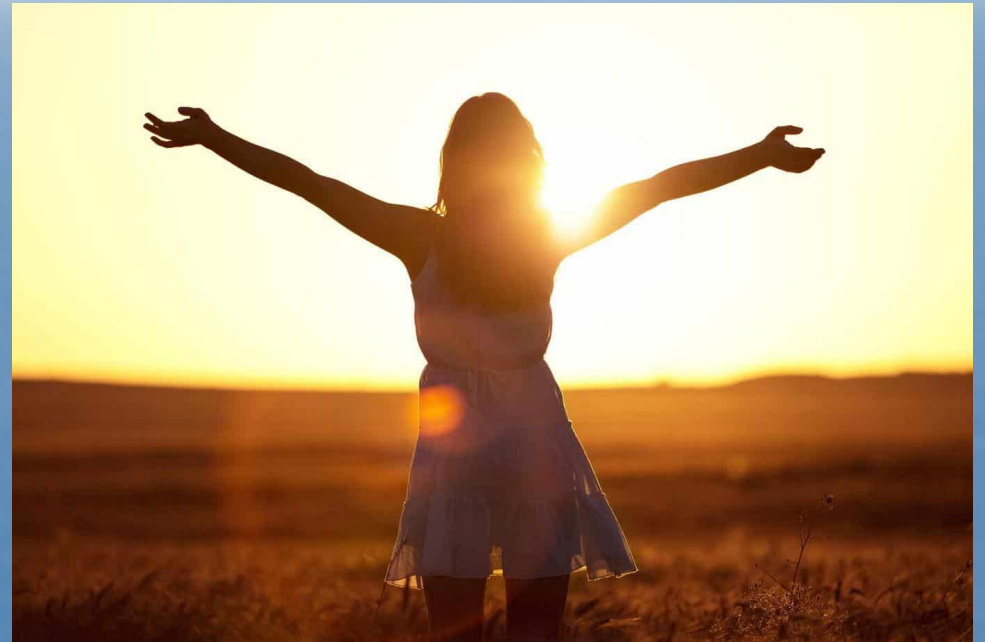
RESILIENCE DEFINED CONTINUED

- **Developing resilience is a personal journey.**

People do not all react the same to traumatic and stressful life events.

A person's culture might have an impact on how he or she communicates feelings and deals with adversity

An approach to building resilience that works for one person might not work for another.



Build a strong emotional connection with your child/adolescent



- Spend one-on-one time with your child/teen.

When children feel assured they have the unconditional support of a parent, they feel empowered to seek guidance and make attempts to work through difficult situations.

- Positive connections allow adults to model coping and problem-solving skills to children.

Kids need adults who love them unconditionally

Ken Ginsburg is a pediatrician specializing in Adolescent Medicine at the Children's Hospital of Philadelphia and a Professor of Pediatrics at the University of Pennsylvania School of Medicine



Promote Healthy Risk-Taking

What's a healthy risk?

Something that pushes a child to go outside of their comfort zone, but results in very little harm if they are unsuccessful.

When children avoid risk, they internalize the message that they aren't strong enough to handle challenges.

When children embrace risks, they learn to push themselves.



Resist the Urge to Fix It and Ask Questions Instead

- When children come to parents to share their problems, the natural response is to lecture or explain.
- A better strategy is to ask questions.
- Through questioning, the parent helps the child think through the issue and come up with their own solutions.



Let's explore an example

Your child comes to you and tells you despite how hard they studied for a test at school, they still received a low grade and they believe the test was “unfair”.

- What does a “fix the problem” response look like?
- What does a building resilience response look like?

Identify Emotions: When stress kicks in, emotions run *hot*



Give permission to experience and express emotions

- Ask them what they are “feeling”, rather than what they are “thinking”.
- Support them in processing their feelings and then being able to move forward.

Demonstrate Healthy Coping Skills

- Use “feelings” language when communicating with your children (I feel _____ when you say/do _____).
- Identify your own emotions.
- Model self care for your child, such as deep breathing (meditation), exercise, journaling, taking an adult time out.



Embrace Mistakes—Theirs and Yours:



When parents focus on end results, children get caught up in the pass/fail cycle.

This causes risk avoidance.

Embracing mistakes (your own included) helps promote a growth mindset and gives children the message that mistakes help them learn.

It can be helpful to talk about a mistake you made and how you recovered from it.

Optimism can be nurtured: Reframe the mindset

Your child complains about the Shelter In Place causing them boredom:

- Remind them that while their **feelings are valid**, the SIP has also allowed your family to finally be able to slow down and spend more time together.
- **Support them** in *finding meaning* during challenging times.



Think of resilience as taking a raft trip down a river



Resources

- [Why Teenagers Reject Parents' Solutions to Their Problems](#)
- [Multidimensional Aspects of Adolescent Well-Being](#) -*excellent articles to read*
- [Building Resilience in Children and Teens--Dr. Kenneth Ginsburg](#) -*Dr. featured in video clip*
- [Raising Resilient Children : Fostering Strength, Hope, and Optimism in Your Child](#) -*book recommendation*