

Building Resilience.



**Presented by Mandy Ward and based on the principles
provided by Maggie Dent: Resiliency Educator and
Counsellor.**

What is resilience?

Resiliency is the ability to manage one's life and to successfully adapt to change and stressful events in healthy and constructive ways.
For kids we talk about "bounce-back-ability".



The International Resilience Project 2005 states that resiliency is "A universal capacity which allows a person, group or community to prevent, minimise or overcome the damaging effects of adversity."

Why is resilience important?

Resilience helps our children cope with life's little disappointments.

As children grow their coping strategies develop through the way in which they deal with these little problems.

This allows them to cope with more complex issues later in life.

Today's children live in a very different world to the world that their parents grew up in. There is constant exposure to violence on TV, technology ever present in homes and workplaces in the form of TV, computers, mobile phones, internet and huge pressure to conform to the model people on TV.

We need to provide our kids with the means to cope with these pressures and live a productive and meaningful life.

How do we do this?

- **Starts in the womb with a healthy pregnancy.**

- **Good nutrition.**

Children who eat well have more energy for life and play.

Think about importance of milk for growing bones, full cream for the first few years.

Plenty of water. Children do not need juice, soft drink etc.

Protein for bone and muscle development.

Whole foods rather than dried or tinned.

Allow children to graze.

Breakfast is really important.

Be aware of portion size.



- **Safe care within the family circle.**

Family can include trusted close adults.

Children need to feel that they are loved, valued and that their needs are met.



▪ **Plenty of play.**

Go for simple repetitive games.
Lots of touch, rhyme and rhythm.
Allow children to direct their play.
Switch off the electronic stimulus.



Avoid fast is good and more is better.

Go outside! Dirt is good, feel the leaves crunch, the mud squelch, the wind blow.

Vigorous play produces those feel good hormones!

Play teaches children life skills such as taking turns, concentration, finishing things off and learning to lose.

Regular physical activity when children are young builds healthy life long habits for later.

Building a tool kit of life skills.

Children need:

- Communication skills
- Thinking skills
- Social skills
- Sense of humour
- Literacy
- Personal hygiene
- Family rituals and patterns around food
- Life understanding around family, school and life challenges
- Practical skills
- Emotional literacy (being able to empathise, know how to help those in need, able to express emotions in an acceptable way)



Pets work wonders for learning some of these skills!



- Children need meaningful involvement with positive adults.
- They need to feel safe and that their needs are met.
- But children also need parents to be parents.
- Set clear expectations and boundaries.
- Boundaries are developed around meal times, sleep, social freedom, manners, use of TV etc. hygiene and safety, friendships and safety.
- Follow through with reasonable consequences.



▪ **Children do not need stress.**

Avoid loud arguments, inappropriate TV, DVDs and electronic media.

Provide quiet times and calmness at home. Home should be a sanctuary.

Cuddles are good for both you and your child.

Focus on using positive language and actions.

▪ **Children do need challenges that are at their level.** They will repeat the challenge over and over again until they gain mastery. Then they will move on.

Foster self esteem.

- ✓ Praise your child.
- ✓ Give specific encouragement.
- ✓ Mistakes show learning so build from them!
- ✓ Focus on strengths your child has. Make sure that they value their strengths.
- ✓ Every one has positive qualities. It is up to you to help your child realise their greatness.