

FOR ST CHRISTOPHER'S THE HALL SCHOOL

BY DAVE BROOKS

*PARENTING SKILLS:
FOSTERING
RESILIENCE IN
CHILDREN*

ROLE OF THE PARENT



To care for and raise



To meet physical and emotional needs



To teach skills needed for an independent adult life



To create healthy attachments and positive social interactions

THE FIVE IDENTIFYING FEATURES OF AN EFFECTIVE PARENT ARE:

1. Nurturer: Source of unconditional love
2. Director/Corrector: Establishing boundaries and consequences
3. Trainer/Teacher: Equipping and empowering for independence
4. Cheer Squad: Source of encouragement and edification
5. Spiritual mentor: Outlining a blue-print for ethics, morals, values

Dr Robi Sondereger "The Parent Revolution"



LAST TIME...

- Spoke about importance of being positive – for you and your child
- Being 'present' ('The Power of Showing Up' by Dan Siegel and Tina Payne Bryson)
- The 3 stages
 - Between them and the world
 - Beside them in the world
 - Behind them in the world
- The importance of an integrated brain (is the product of a resilient nervous system that moves out of states of stress)

THIS TIME...

- Resilience in:
 - Emotional states
 - Learning
 - Relationships
 - Challenges
- Developed in all 3 stages
 - Between – model it! Pick them up and reassure them “see, you can get back up”
 - Beside – acknowledge. “this is hard, painful, challenging. Take my hand and I’ll help you up”
 - Behind – remind and encourage. “you’ve got this, you’ve done hard things before...”

RESILIENCE



IS NOT

learnt by completing a program

Not developed in a seminar



IS

Built in times of adversity

Practised over time

Requires growing independence and responsibility

Defined as "The capacity to withstand or recover quickly from difficulties" (Oxford Dictionary)



LANGUAGE WE USE

- Acknowledge their challenge and hardship
- Remind them that very few things are permanent
- Don't judge them or the situation
- Try to help them use "YET" or "BUT" at the end of their fixed sentences
 - le "I'm not good at swimming BUT I am much better than I was last year or I always enjoy time in the sea on holidays etc"
 - I can't do a handstand YET
- "Resilience is a process and is linked to flexibility, or what I call the 'possibilities mindset.'"

Dr Caroline Leaf "How to help your child clean up their mental mess"

*WHAT WE
PRAISE*

Carol Dweck experiment

Effort vs ability

Process vs outcomes

OPPORTUNITIES WE GIVE

- Independence and responsibility

- “Children who do chores may exhibit higher self-esteem, be more responsible, and be better equipped to deal with frustration, adversity and delayed gratification.”

(American Academy of Child & Adolescent Psychiatry, June 2018)

- Autonomic co-regulation

- Article from Columbia University ‘Nurture Science Program’ discusses how routine tasks done together that involve the senses actually calm us down
 - Children learn from adults doing daily activities and stress decreases, resilience increases
 - Article specifically looked at cooking and laundry (stirring, folding, setting tables etc)

- Make games and challenges in everyday activities



THE EVERYDAY

- Be age appropriate but consider
 - Packing school bag
 - Carrying at least some of their own bags each day
 - Homework and allowing consequences if not completed
 - Putting own dirty clothes in laundry
 - Setting and clearing table

A photograph of a hand reaching upwards towards a bright, hazy sky. A faint rainbow is visible in the background. The image is split vertically by a diagonal line, with the photograph on the left and a white background on the right.

WORTH NOTING

- Feelings of self worth and value are intrinsically linked to what we contribute to.
- Begin to give responsibility for more than themselves.