

Building Resiliency

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What is resilience?

And can it be taught?

Resilience is the ability to bounce back or persist through perceived or real failures or obstacles.

Research has shown that it is not an inborn trait or characteristic-

**Everyone has the ability to
develop their resilience**

-Truebridge, S. and Bernard, B. (2013).

Why is Resilience Important?

- Resilience and perseverance impact individual's success overall.
 - ◆ *More likely* to have positive relationships
 - ◆ *Improved Academic Success*
 - ◆ *Increased Job Success*
- Positive impact on individual's mental health
 - ◆ *Decrease* in at-risk behaviors

How do we build resilience in children?

1. **Create and nurture supportive adult-child relationships**
2. Scaffold learning so the child builds a sense of self-efficacy and control
3. **Support children as they learn to strengthen adaptive skills and self-regulatory capacities**
4. Implement faith and/or cultural traditions as a foundation for hope and stability

Center on the Developing Child (2015). *The Science of Resilience* (InBrief). Retrieved from www.developingchild.harvard.edu.

What are the strategies you
can use as parents to help
your child learn resilience?

Let go of perfection: Learn to celebrate mistakes.

- Your child's esteem is linked to risk-taking.
- Providing “safe-risks” allows your child to make their own mistakes.
- When they learn or recover from their mistakes, they build confidence.
- This confidence makes them feel capable so they can handle larger mistakes down the road.



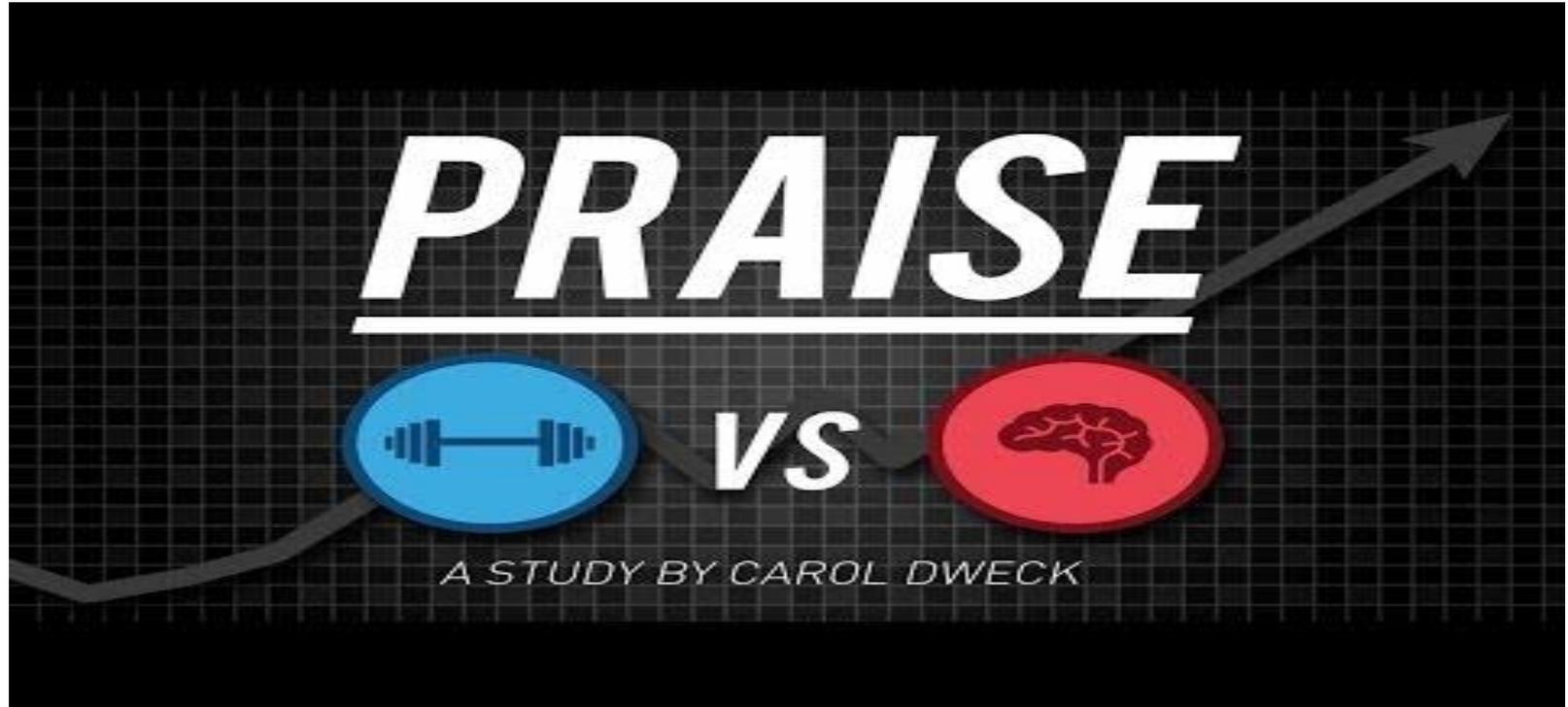
Let feelings happen.

- Your child's emotional resilience hinges on your own emotional resilience:
 - ◆ Take a breath.
 - Pause your words and actions before responding to your child.
 - ◆ Let feelings happen.
 - Negative emotions are a natural and necessary part of growing up, not a problem to be “fixed.”
 - *“Anything that's human is **mentionable**, and anything that is **mentionable** can be more **manageable**. **When** we can talk about our feelings, they become less overwhelming, less upsetting, and less scary.” Fred Rogers*
 - Teaching children to name their feelings allows them to learn how to manage strong feelings.
 - ◆ Get curious about your own reaction to your child's feelings.
 - What are the reasons for your feelings?

Resist the urge to over-parent.

- If you handle every challenge, you deprive your child of life experience.
- Take a step back when your child has a problem.
 - ◆ Empathize. “Oh! I’m sorry you forgot your backpack.”
 - ◆ Ask questions. “How do you think you can fix this?”
 - ◆ Reinforce their ability. “Sounds like you have a plan.”
- When you do give advice, don’t lecture, teach.
 - ◆ Too much information is overwhelming.
 - ◆ Instead, break down teaching into manageable chunks.
- Model your own resilience.
 - ◆ Talk about your own mistakes.
 - Little deal or big deal?
 - ◆ Share your less than perfect days and how you bounce back.
 - ◆ Roses, Thorns, Buds

How does our language impact our children's perseverance?



Language to help you...

INSTEAD OF THIS...

This is a problem.

This is not a big deal. Why are you crying?

I'll fix this.

You missed so many!

Good job on that art project!

SAY THIS...

This is a challenge.

Name how you are feeling right now.

What can you do to change this situation?

What did you do well on this test? What do you need to learn for next time?

A purple frog! That surprised me.