

RAISING RESILIENT CHILDREN

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THE MAIN MESSAGE



It is far better to develop the wisdom to handle life's problems than to hope you never have any problems.

Your personal path to RESILIENCY

WHAT IS RESILIENCY?

If you are resilient you can withstand
adversity and personal challenges...

You bounce back and move forward.



RESILIENCY

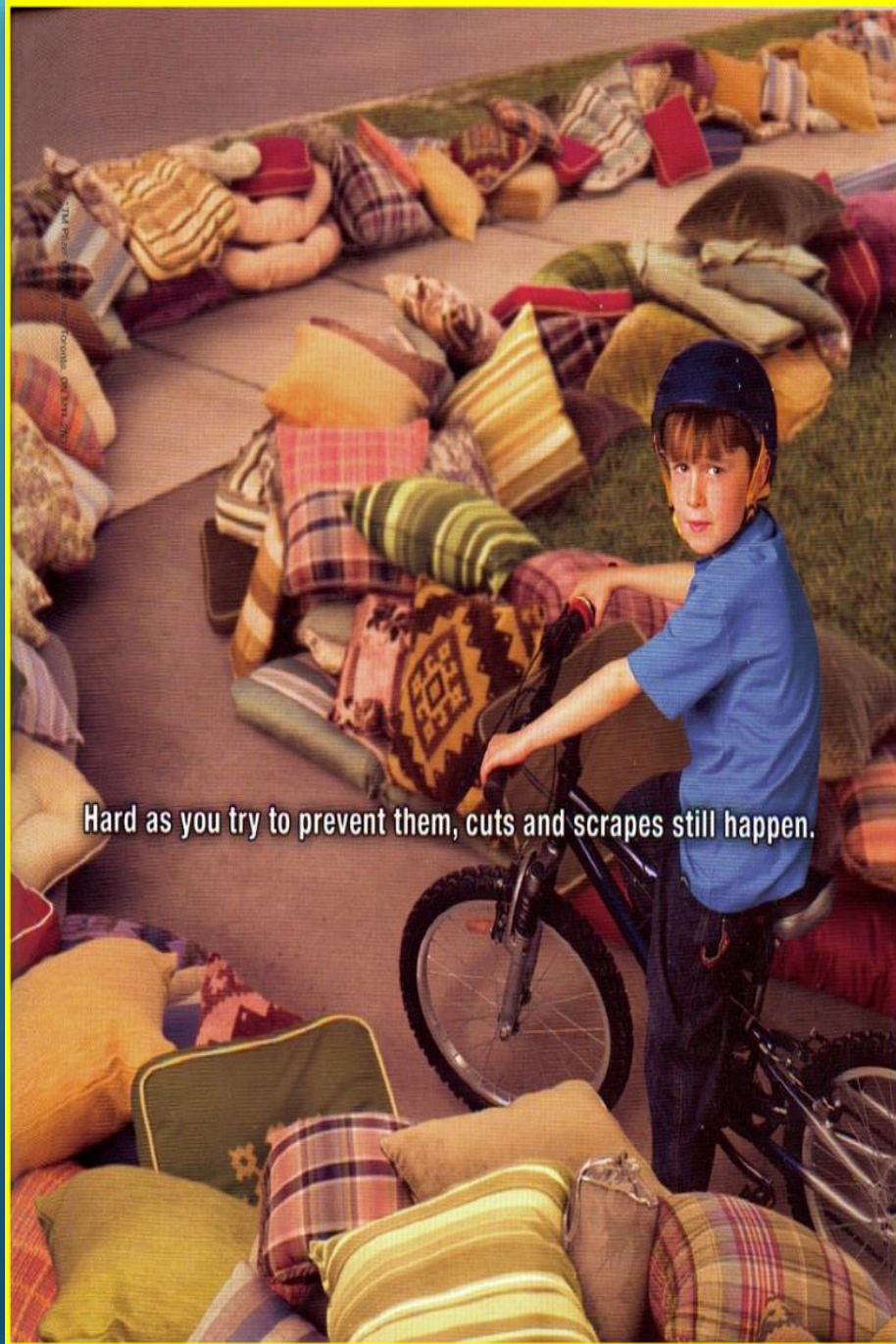
GRIT



**WE ARE OVER RESCUING OUR
CHILDREN...**



**Learning to navigate through problems-through
life experience are the building blocks to
confidence and resiliency.**



The mission of parenthood is to prepare the child for the path and not the path for the child.

THE DILEMMA

Every time a parent interferes with the reasonable and natural consequences - own behavior - rob them of their destiny to grow.

Raising Resilient Children

**If we want our children to be ready for life
we need to teach them the tools of living:**

- 1 Overcome Failure
- 2 Deal with Disappointment
- 3 Cultivate a Healthy self image
- 4 Delay Gratification
- 5 Contribute to others
- 6 Deal with Struggles of life
- 7 Become assertive rather than aggressive
- 8 Examine their Choices
- 9 Think and problem solve
- 10 Learn from their actions
- 11 Live life with Gratitude
- 12 Have compassion for all living creatures

Without these tools they quickly become victims of life!

There are three ways we can become Resilient.

1. Parents
2. Adversity
3. Instruction



The Principles of Resilient Parenting

“Do not worry
that
your children
never
listen to you.
Worry more
that they are
always
watching you!”



MODEL THE WAY!



IDENTIFY YOUR BARRIERS
WHAT IS STOPPING YOU FROM IMPLEMENTING YOUR
DE-STRESSORS?



PAUSE - TAKE A MOMENT

Listen... be present



SERIOUS ISSUES ARE INCREASING

Parental Fear **Mental Health Issues**

**Drugs & Risk
Behavior**

Social Media

Parents are asking their
compass to parent
through these issues.



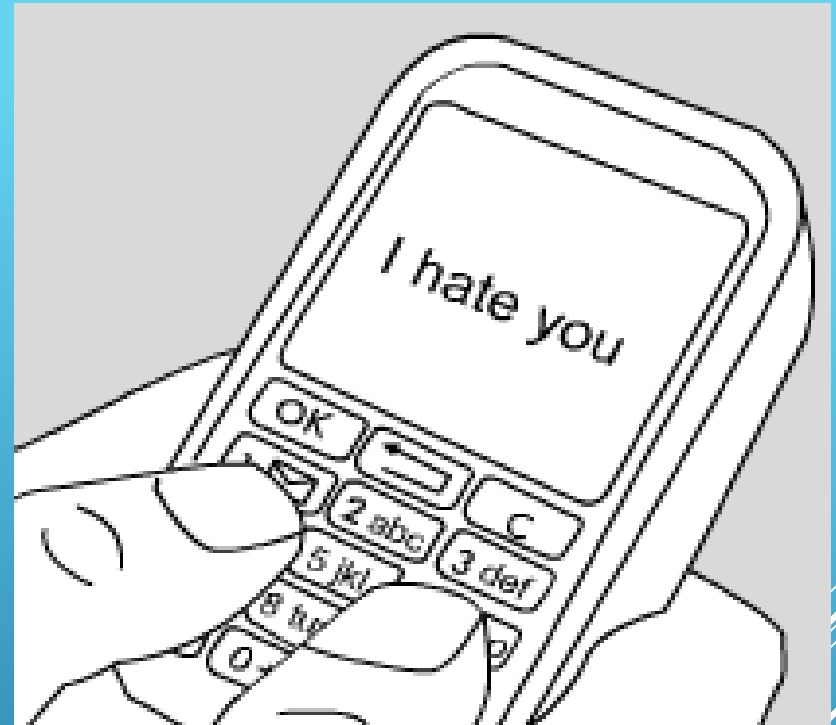
HOW TO RESOLVE CONFLICT....

Direct
communication

Face to Face

Calm without name
calling

Attack the problem
not the person



TALK ABOUT YOUR FEELINGS!

Be Part of the Solution
Not the Problem – Don't
Hold In What is
Happening to YOU!!!!
Talk it out with another
person that you know
will have solid ideas!





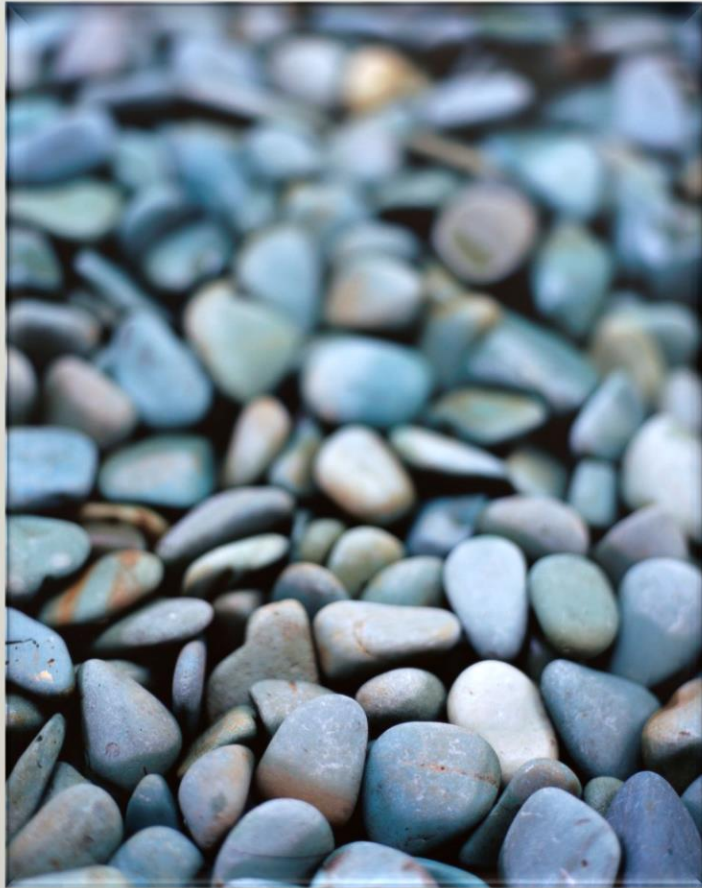
DEEP BREATHING!

Exploring the art of mindfulness and meditation.



GET PHYSICAL TO
PRODUCE THE BEST
NATURAL DRUGS
FOR CALMING
NERVES.

H



- ▶ Meditation has been practiced since the beginning of time AND IT REALLY WORKS!!!

TION



Mind Full, or Mindful?



THE OPPOSITE OF RESCUING IS REFLECTING



Children do naturally grasp the value (or cost)
Of an experience unless prompted.
We want our children to appreciate their trips
and learn from them.

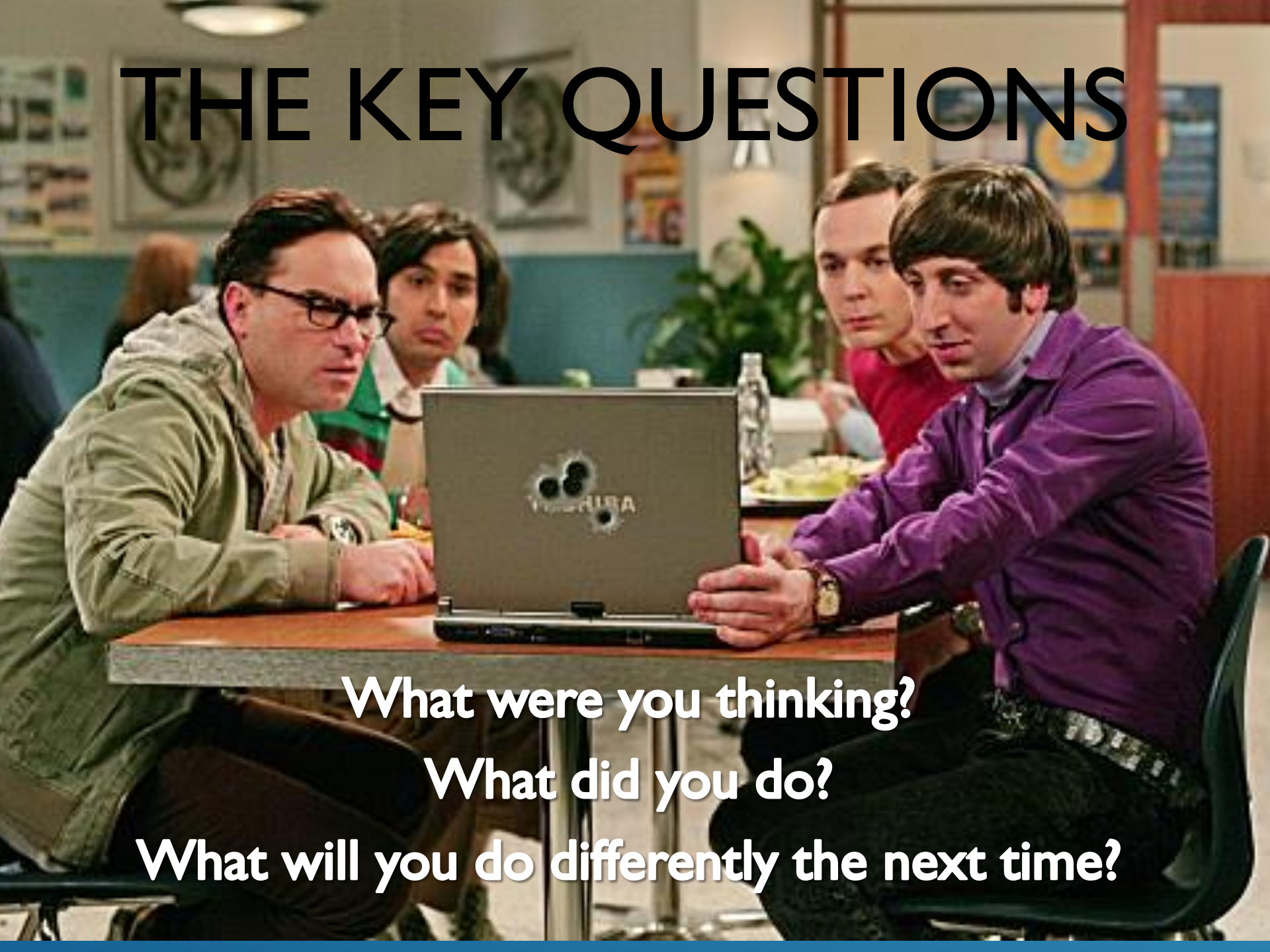
This is the capacity to derive useful lessons from past errors.

Debriefing a Choice

This helps the child to understand how both good and bad decisions are made.



THE KEY QUESTIONS



What were you thinking?

What did you do?

What will you do differently the next time?

A serene landscape at sunset or sunrise. The sky is a deep blue with a bright orange glow on the horizon. Silhouetted mountains rise in the background, their peaks reflected in the calm water of a lake. In the foreground, a wooden canoe with an oar inside is positioned on the water. The left bank of the lake is covered in dark, dense foliage. The overall mood is peaceful and contemplative.

Teach our Children the
Difference Between
Excuses & Explanations

The Debriefing Conversation


Must be:

- Timely
- Inviting
- Empathic
- Encouraging
- Positive





**WRITE THE BAD THINGS THAT
HAPPEN TO YOU IN THE SAND AND
WRITE THE GOOD THINGS THAT
HAPPEN TO YOU IN MARBLE**

A close-up photograph of a person's hand gently cupping a small, vibrant green seedling. The seedling has several leaves and is growing out of a mound of dark, rich soil. The background is a bright blue sky filled with soft, white clouds. The overall mood is hopeful and nurturing.

Yesterday is history
Tomorrow is a mystery
Today is a gift
That is why it is called the
PRESENT

**THANK
YOU!**