Building Resilience in Children
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RESILIENCE
Resiliency is the happy knack of being able to bungy jump through the pitfalls of life
(A. Fuller 1998)

Profile of the Resilient Young Person
- Social competence
- Problem solving skills
- Autonomy
- Sense of Purpose and Future


Personal Resilience Strengths: What Resilience Looks Like

Social Competence
- Responsiveness
- Flexibility
- Empathy/caring
- Communication skills
- Sense of Humour

Problem - Solving Skills
- Critical thinking
- Generates alternatives
- Planning
- Produces change

Problem Solving
- Define the problem
- Generate possible solutions
- Evaluate the solutions
- Make decisions - choose solutions
- Determine how to implement the decision
- Assess the success of the solution.
Autonomy
- Positive Identity
- Self-efficacy/mastery/self esteem
- Initiative
- Self-awareness
  • Internal locus of control
  • Independence
  • Adaptive distancing

Sense of Purpose and Future
- Goal directedness
- Achievement
- Motivation
- Educational Aspirations
- Healthy expectations
- Persistence
- Hopefulness
- Compelling future
- Coherence/meaningfulness

Martin Seligman’s Language Of Optimism
- Temporal
- Pervasive
- Impersonal

Protective Factors Critical to Healthy Development & Life Success
Caring Relationships
- “Being there”
- Models caring
- Showing interest in
- Getting to know
- Compassion
- Listening/Dialogue
- Patience
- Non-transitive

Meaningful Participation
- Safe places
- Inclusion
- Responsibility/voice & choice
- Participant-driven
- Experiential skill development
- Creative expression
- Contribution
- Caring for others

High Expectations
- Belief in people’s resilience
- Respect & confirmation
- Challenge & support
- Firm guidance
- Structure/limits
- Strengths-focused
- Reframing “the story”
- Teaches personal resilience
Caring Relationships

• convey compassion, understanding, respect and interest

• are grounded in listening

• establish safety and basic trust.

Benard

High but Realistic Expectations

• Communicate not only firm guidance, structure and challenge

  but most importantly

• convey a belief in the child/youth's innate resilience and look for the strengths and assets as opposed to problems and deficits.

Benard

Teach children to think of failure or difficulties as feedback calling for an alternative approach to the task.

Howard 1990

FAMOUS FAILURES

IF YOU'VE NEVER FAILED, YOU'VE NEVER TRIED ANYTHING NEW
Teach children about the concept of a growth mindset

- Professor Carol Dweck, an acclaimed psychologist and researcher in the field of motivation, whose groundbreaking research has major implications for how we encourage, challenge and praise our children.
- Dweck’s major finding is that there are two different mindsets: a fixed mindset and a growth mindset. The former is the belief that intelligence is innate and can’t be changed. The latter is the belief that success is the result of practice, effort and hard work. Both can profoundly influence behaviour.
- Dweck’s research has been to examine how we can best promote a growth mindset in our kids to help them become more confident and enthusiastic learners.

According to Dweck you’ll reach new heights if you learn to embrace the occasional tumble.

- The reason some become successful and others don’t is whether you look at ability as something inherent that needs to be demonstrated or as something that can be developed.
- What’s more, Dweck has shown that people can learn to adopt the latter belief and make dramatic strides in performance.

Grit

- Angela Duckworth defines “grit” as “perseverance and passion for long-term goals.” It involves “working strenuously toward challenges, maintaining effort and interest over years despite failures, adversity, and plateaus in progress.” It’s one of a set of “noncognitive” skills — such as curiosity, resilience, self-control — that researchers now realize impact students’ long-term success just as much — or possibly more — than academic skills or IQ.

Participation & Involvement having opportunities for.....

- valued responsibilities
- making decisions
- giving voice
- being heard
- contributing one’s talents to the community