



Promoting Resilience among Families

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**PERTH &
KINROSS
COUNCIL**

Securing the future... • *Improving services*
• *Enhancing quality of life* • *Making the best use of public resources*

Aims

- To explore what resilience is and how it develops
- To enhance confidence and knowledge about what you can do to build resilience among your own children
- To consider the importance of your own resilience while supporting your child to develop theirs
- To take away at least one thing/task you can go on to do in terms of supporting your own child's Resilience

But first...a game



What is it like to transition to High School

- <https://www.youtube.com/watch?v=PakdYTJxu-I>



What is resilience?

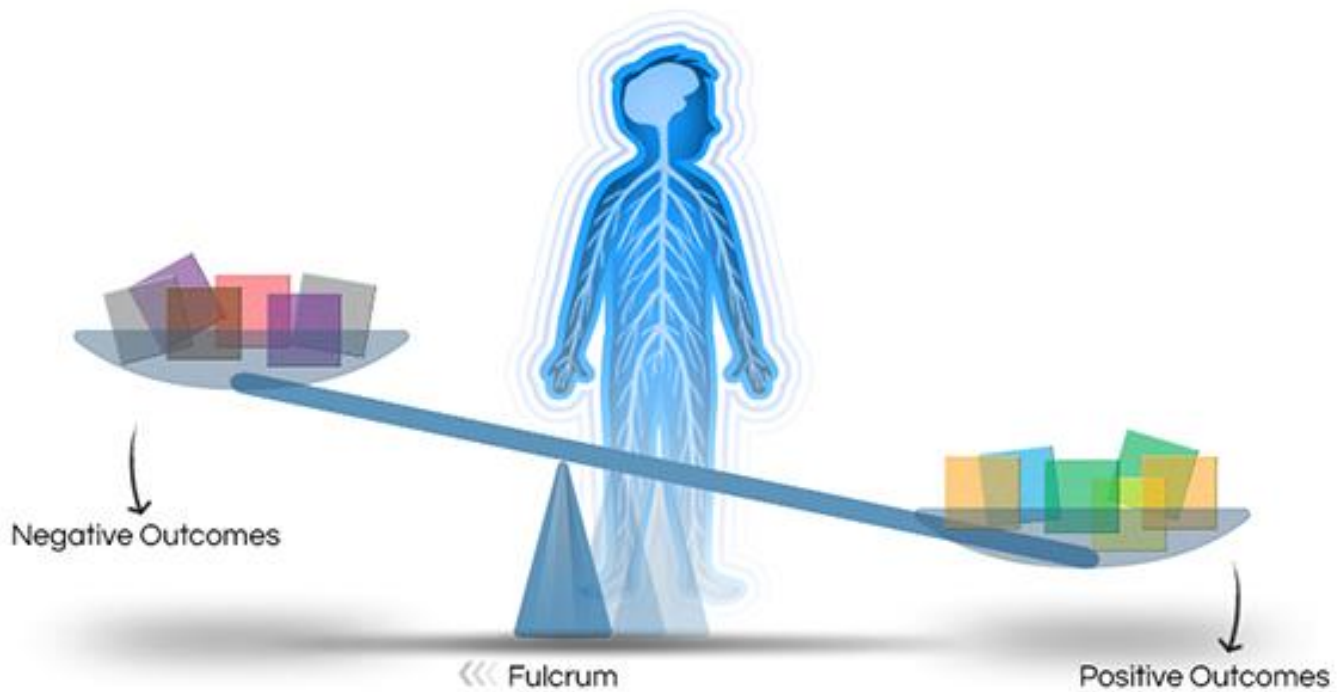
- <https://www.bing.com/videos/search?q=what+is+resilience+harvard&&view=detail&mid=58BC1A86A4832246C70358BC1A86A4832246C703&&FORM=VRDGAR>



How resilience develops

- <https://www.youtube.com/watch?v=xSf7pRpOgu8>





"Our five main psychological needs are:"

NATASHA
DEVON



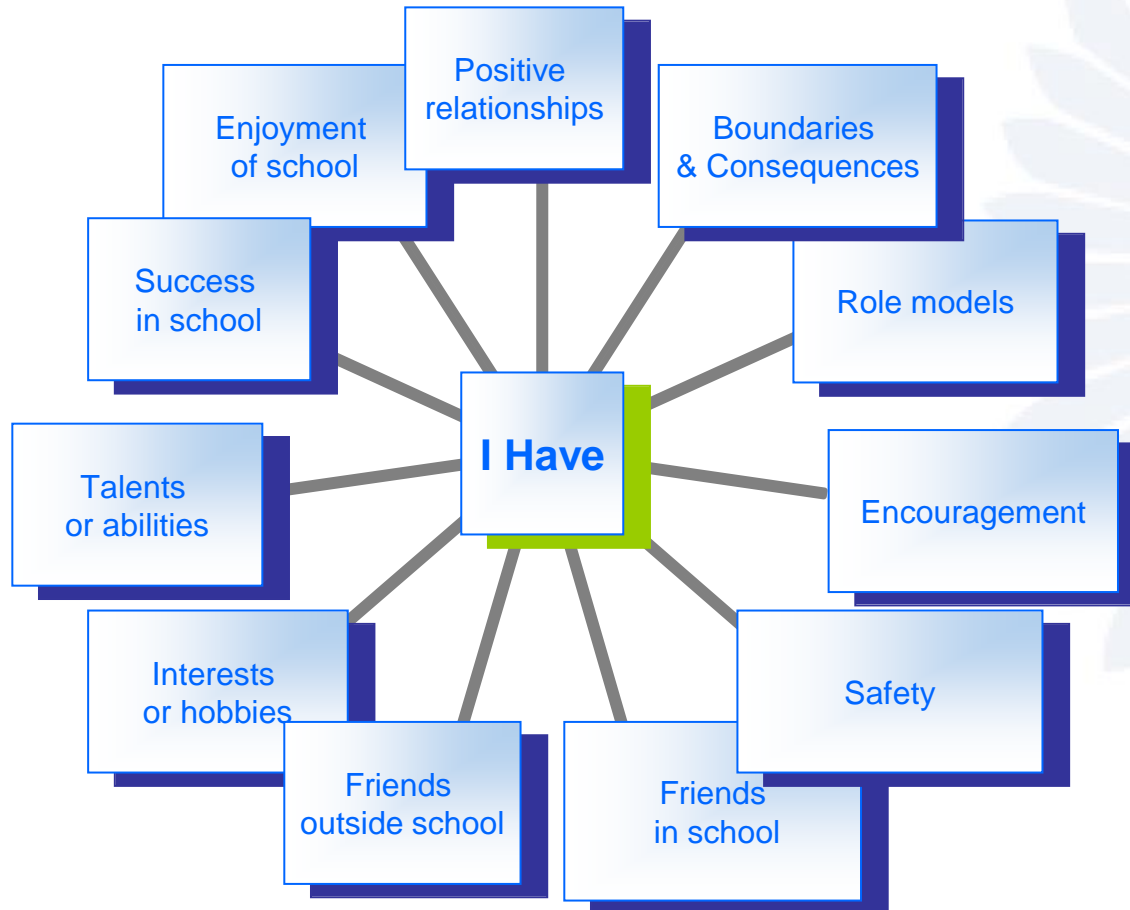
Purpose

Achievement!



TO BE
UNDERSTOOD

Framework of Assessment and Intervention for Resilience (South Lanarkshire EPS)







Foundations of Resilience

Resilience



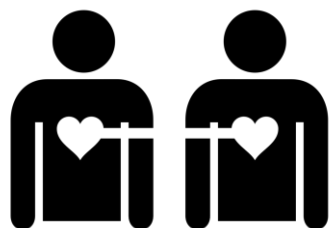
**Supportive
relationships**

Skill Building

**Positive
experiences**



Resilience needs relationships

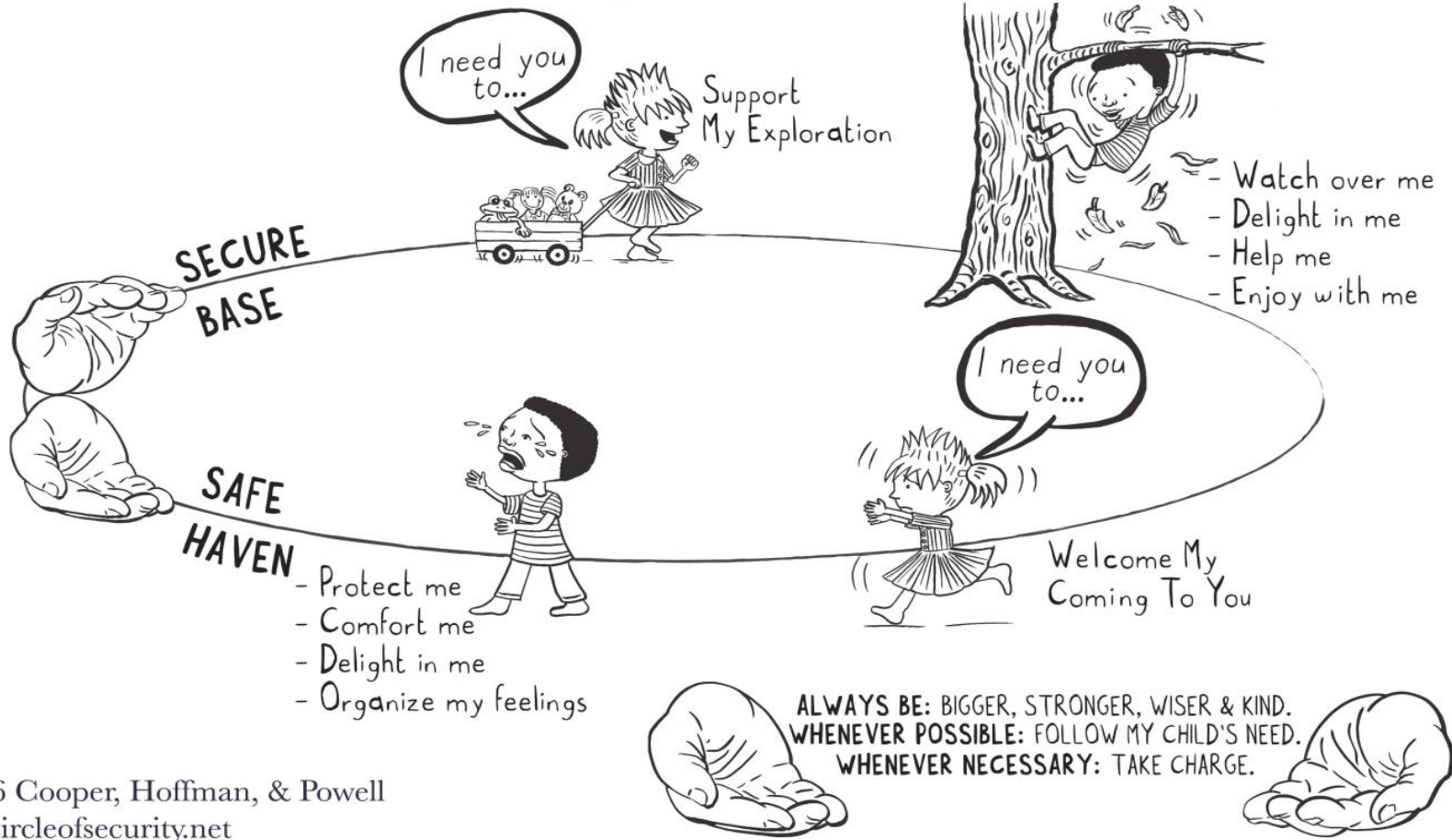


- <https://www.circleofsecurityinternational.com/>



Circle of Security[®]

Parent Attending To The Child's Needs





Building Coping Skills



**GOAL
SETTING**
WITH
REALISTIC
expectations



**SELF
ESTEEM**



LEARNING
from their
MISTAKES



problem
SOLVING
SKILLS

Understanding and
ACCEPTANCE
OF THEIR OWN
strengths and
weaknesses



RESILIENCE

Ability
TO RECOGNISE
their own
EMOTIONS
and those
of others

**SELF-
CONTROL**



SOCIAL SKILLS
AND **ABILITY TO SEEK**
ASSISTANCE
FROM **OTHERS**

WILLINGNESS to
OVERCOME
DIFFICULTIES
rather than
AVOID
PROBLEMS



OPTIMISTIC
thinking
PATTERNS





Bad times don't last. Things always get better. Stay optimistic.

Other people can help if you talk to them. Get a reality check.

Unhelpful thinking makes you feel more upset.

Nobody is perfect-not you or others.

Concentrate on the positives (no matter how small) and use laughter.

Everybody experiences sadness, hurt, failure, rejection and setback sometimes. They are a normal part of life. Try not to personalise them.



Blame fairly- how much of what happened was because of you, how much was because of others and how much was because of bad luck or circumstances?

Accept the things you can't change, but try to change what you can first.

Catastrophising exaggerates your worries. Don't believe the worst possible picture.

Keep things in perspective. It's only one part of your life.

How Adults Support Resilience

- Increase exposure to people who care about them

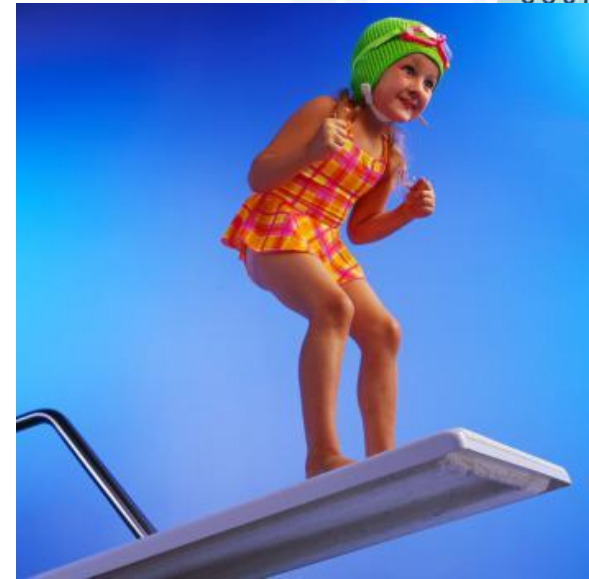
'I told Grandma how brave you were. She's so proud of you.'

- Model resilience
 - *It's ok to ask for help*
 - *Model and Nurture Optimism*
 - *Teach them to reframe*



How Adults Support Resilience

- Face fear with support
- Encourage to take risks
- Nurture growth mind set
- Trust their capacity to cope
- Build their problem solving toolbox
- Feelings of competence/mastery



<https://www.heysigmund.com/building-resilience-children/>

Supporting Resilience

- Relaxation/Mindfulness
- Exercise



The role of families in supporting transition

- Warmth and Sensitivity goes along way in supporting the move to High School
- Supporting Homework
- Supporting Friendships (both old and new)



The big question....

- As a result of today...
 - *What will you be able to implement in terms of supporting your own child's resilience ?*



