

**A GOOD DAY IS
WHEN BAD THINGS
DON'T HAPPEN**

DR. SAM GOLDSTEIN

CHANGING THE LIVES OF
CHALLENGED CHILDREN

www.samgoldstein.com

Knowledge is power.

Sir Francis Bacon

The greatest obstacle to
discovery is not ignorance - it is
the illusion of knowledge.

Daniel J. Boorstein

Caution should be taken in jumping to readily onto the bandwagon of whatever happens to be the prevailing enthusiasm of the moment.

Sir Michael Rutter

THE FUTURE



**THE PURPOSE OF LIFE IS
TO PREPARE THE NEXT
GENERATION FOR THEIR
FUTURE.**

SURVIVAL OF THE SPECIES

- ☉ Salmon and snakes are born with sufficient instincts to survive.
- ☉ Bear cubs require at least one or two years with their mother to insure survival.
- ☉ Higher primates require three or four years.
- ☉ Humans require at least ten years.

MY GRANDPARENT'S FUTURE



MY GRANDPARENT'S FUTURE



**MY
PARENT'S
FUTURE**



**MY
PARENT'S
FUTURE**



OUR FUTURE





A Man Goes Fishing

**AFTER 40 YEARS OF
WORKING WITH
CHALLENGING CHILDREN
I'VE DISCOVERED THE TWO
MOST IMPORTANT
VARIABLES IN CHANGING
LIVES..**

**INSTINCTUAL OPTIMISM
&
INTRINSIC MOTIVATION**

HOW CHALLENGED CHILDREN BECOME FAILURE AVOIDERS

T O D D ' S S T O R Y

I thought he'd be a
smart criminal.

Ryan's Letters
To Ms. Walter
Part I

Oct 6, 2003
Dear Ms. Walter,
sorry for
misbehaving in
the parent
teacher
conference
I was just
trying to
do my
best. I
didn't write
quickly so
I wouldn't
have as
much homework
when
I got home.
I felt like
I was just
being jerked
around.
I had to
stop after
that.
from
Ryan

Ryan's Letters To Ms. Walter Part II

Dear Ms. Walter,
~~Sorry for losing~~
my mobile. I
guilt's if really
damned to get
organized. I
know I keep
going my and
I'm not happy
about it. I feel
like a complete
and total idiot.

Ryan's Letters To Ms. Walter Part III

Dear Ms. Walter,
~~Sorry for~~
missing my
after school.
I was really
really really
mad cause
my mom
made me
start. Its
because I don't
want to spend
extra time
there because
I hate everything
we do. Including
math, reading,
science, and
everything
else.
from
Ryan

Ryan's Letters To Ms. Walter Part IV

Believe it or
not, today
was not an
ordinary day.
It was worse
though I didn't
think was
possible. The
day started
off like an
ordinary
day. You
gave us some
work. We had
the rest of the
day normally.
But when we
did our plan, I
accidentally wrote
it down on the
wrong date and
had to start. I
missed the bus
and now my parents
are M.A.D.

Ryan's Newest Problem

Things I learned about the TI-73
Ryan DeBlanc

I learned how many things a calculator
can do I learned it can make graphs I
learned it can make text. I also learned
how many numbers it can hold

You needed
5 things

I HAVE 5
THINGS!!!
CANT U COUNT?
SO MUCH FOR A
MATH TEACHER!!
U CANT EVEN
COUNT!!!

A Mixed Message

12/28/01
Dear Mom and Dad,
I am telling Reda Baden going
that I am abused and I am going
to court to be abused. All on
and just to tell you I
am running away!!! I am
glad about it. Love

I hate
YOU bye

Love Wendy as its true!!!

**CHALLENGED CHILDREN
BECOME FAILURE
AVOIDERS WHEN THE
WELL MEANT EFFORTS OF
PARENTS AND TEACHERS
FAIL.**

A LESSON FROM MICHAEL.

DO CHILDREN CARE WHAT WE THINK? PART I

to: Mrs. Cowdell
Dear Mrs. Cowdell,
I am writing you this letter
I'm just asking if you
can forgive me for talking back
to you. I know I did was very
very, wrong and I wanted to ap-
ologize. It just hurt. Well, it's just that I
just a kid and kids make mistakes, but
I'm sure you knew that Mrs. Cowdell
what I'm trying to say is that I'm very
very, very, sorry.
Sincerely
Drew

DO CHILDREN CARE WHAT WE THINK? PART II

to: Mrs. Cowdell
Why I Will
Never do this again
Dear Mrs. Cowdell,
Mrs. Cowdell, here are some
reasons why I will never do this
again #1 I want to get a good
education and if I keep this up I
will not be able to achieve this goal.
#2 Because I love to learn and I
don't want to lose that opportunity.
#3 I
I ♥
School!

THE UNFORTUNATE MINDSET OF CHALLENGED CHILDREN

- Confused.
- Failure avoiding.
- I don't have much control over my life.
- Helpless.
- The world is unfair.
- Emotions get you into trouble.
- If I like doing it, they won't let me.
- Resistant.
- Dumb!

**THE EXPERIENCE OF
GROWING UP WITH A
DEVELOPMENTAL,
EMOTIONAL PR
ENVIRONMENTAL
CHALLENGE STEALS AWAY
OPPORTUNITIES TO
DEVELOP A RESILIENT
MINDSET.**

**TODD REACHES
MATURITY**

**A C O M M O N
O U T C O M E**



WHY MUST WE CHANGE OUR VIEW OF CHALLENGED CHILDREN?

What Do We Know?

- In 2014 there were 73.7 million children (0 – 18 years) in the U.S.
- By 2030 that number will increase to 85.7 million.
- In 2012 15% lived in poverty
- In 2011 27% were living in one parent homes.
- In 2012 36% lived in homes with at least one significant problem.
- In 2017 over 1/2 million children were in foster care.

CHILDREN'S DEFENSE FUND

- An American child was reported abused or neglected every 35 seconds in 2003 (3 million).
- 30% of all victims below age 3; 50% below age 7.
- 60% are neglected.
- Nearly 600,000 American children are in foster care, with 130,000 waiting.
- 7 1/2 million children are home alone after school.

Committee for Children

- One of every seven children reports being bullied in school regularly.
- Seventy-eight percent of children reported being bullied at least once in the past month.
- Thirty-one percent of girls and eight percent of boys in grades 8 - 11 reported harassment often.

In 2016 4,599 youth between the ages of 10 and 24 committed suicide.

**FIXING WHAT'S
WRONG IS A GOOD
START BUT BUILDING
STRENGTHS AND
STRESS HARDINESS IS
ESSENTIAL.**

TODD FINDS A PATH



**“I THINK I COULD DO
THIS!”**

RESILIENCE

- ⦿ A process leading to good outcome despite high risk
- ⦿ The ability to function competently under stress
- ⦿ The ability to recover from trauma and adversity

**“I’m not afraid about my
girlfriends and myself,
we’ll squeeze through
somehow, though I’m not
too certain about my
math.”**

**Anne Frank
June 21, 1942**

“I HAVE LOTS OF COURAGE, I FEEL SO STRONG AND AS IF I CAN BEAR A GREAT DEAL, I FEEL SO FREE AND SO YOUNG! I WAS GLAD WHEN I FIRST REALIZED IT, BECAUSE I DON’T THINK I SHALL EASILY BOW DOWN BEFORE THE BLOWS THAT INEVITABLY COME TO EVERYONE.”

**ANNE FRANK
JULY 15, 1944**

RESILIENT CHILDREN ARE NOT SIMPLY BORN THAT WAY NOR ARE THEY MADE FROM SCRATCH BY THEIR EXPERIENCES. GENETIC AND ENVIRONMENTAL EXPERIENCES LOOM LARGE AS PROTECTORS AGAINST A VARIETY OF RISKS TO HEALTHY DEVELOPMENT RANGING FROM RESISTANCE TO BACTERIA AND VIRUSES TO RESILIENCE TO MALTREATMENT AND REJECTION.

Kirby Deater-Deckard

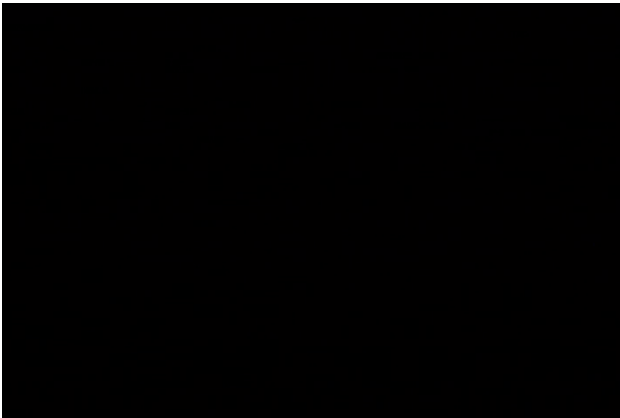
Most Powerful Predictors of a Resilient Child

Easy temperament
Consistent family relationships
Competent caregivers
Development of self-esteem
A sense of emotional security

RESILIENCE IS PREDICTED BY THREE FACTORS

- ✿ Within the child
- ✿ Within the family
- ✿ In the community

TODD TODAY



**“THIS PERSON LOVES
ME.”**

WE COME INTO THE WORLD WITH
PREDISPOSITIONS TO LEARN HOW TO
COOPERATE, TO DISCRIMINATE THE
TRUSTWORTHY FROM THE
TREACHEROUS, TO COMMIT OURSELVES
TO BE TRUSTWORTHY, TO EARN GOOD
REPUTATIONS, TO EXCHANGE GOODS
AND INFORMATION AND TO DIVIDE
LABOR. . .OUR MINDS HAVE BEEN
BUILT BY SELFISH GENES BUT THEY
HAVE BEEN BUILT TO BE SOCIAL,
TRUSTWORTHY AND COOPERATIVE.

*Matt Ridley
The Red Queen*

Go Do Strategies To Foster a Resilient Mindset

- Teach empathy by practicing empathy.
Teach responsibility by encouraging
contributions.
Teach decision making and problem solving
skills that foster self-discipline.
Offer encouragement and positive feedback.
Help children deal with mistakes.

The Mindset of a Resilient Child

Optimistic and hopeful.

Feel special and appreciated in the eyes of others.

Set realistic goals and expectations.

View mistakes, hardships and obstacles as challenges.

Solve problems and make decisions.

Internal locus of control.

Believe and set out to solve problems.

Possess empathy.

ADOPT A LEARNING TO RIDE A BIKE MINDSET!

IT MUST NEVER COME TO THIS!

No, so called parents,
I hate your fucken guts

Rob

You lied and said that
you would spend time
with me

Kathleen

Same with you

WHAT IS YOUR MINDSET?

DEAR GOD,
I wish I could be
better in School.
Can you help me.

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[The Power of Resilience: Sam Goldstein, Ph.D. at ... - YouTube](#)



www.youtube.com/watch?v=isfw6JJ-eWM
May 8, 2013 - Uploaded by TEDxTalks
Fostering strength, hope and optimism in our children. If Beaver, of
the 1950's television sitcom Leave it to ...

[More videos for Sam Goldstein Power of Resilience >](#)
