



Raising Resilient, Tenacious Children

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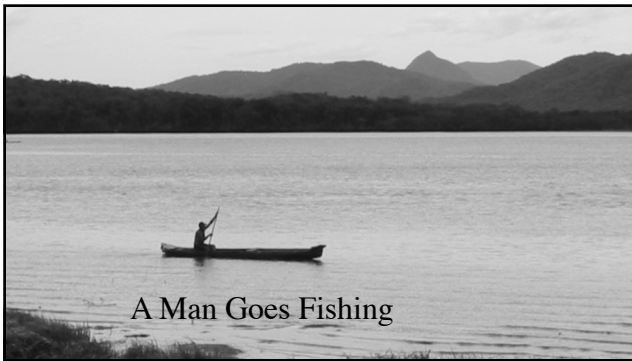
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The Future



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.

Did you ever wonder . . .



How Children Learn to
Speak?



How Children Learn to
Manage Their Emotions?



How Children
Acquire Knowledge?





How Children Master
Challenging Activities?

How Children
Learn to
Socialize?



How Children Create
Their Identity?



They are guided by their genes and experiences.



They are Instinctually Optimistic and
Intrinsically Motivated!



Caregivers are the architects of the way in
which experience influences genetically
preprogrammed but experience dependent
brain development.

Daniel Siegel
The Developing Mind



Me and My Dad!



When children transition into adult life their past mistakes, misbehavior or problems are of little interest to others.



Success in adult life comes from harnessing assets, strengths and resiliency.



Resilience is a developmental process that involves individual differences in attributes (e.g. temperament, cognitive abilities) and environments (e.g. supportive families, enriched classrooms).

Kirby Deater-Deckard

Resilient individuals 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

The Mindset of a Resilient Youth

- Optimistic and hopeful.
- Feel special and appreciated in the eyes of others. Have a charismatic adult in their lives.
- Set realistic goals and expectations.
- View mistakes, hardships and obstacles as challenges.
- Solve problems and make decisions.
- Internal locus of control.
- Believe you can and set out to solve problems.
- Possess empathy.
- Possess an island of competence.

Most Powerful Predictors of a Resilient Child

- Easy temperament
- Consistent family relationships
- Competent caregivers
- Development of good self-esteem
- Emotionally secure.

For thousands of generations, parents, relatives, and others raised and prepared children to become successful adults, to acquire knowledge and skills that were needed to meet the challenges of their time.





How did they do it?

Until relatively recent times in human history there were no schools or organized institutions, nor were there self-help or parenting books.



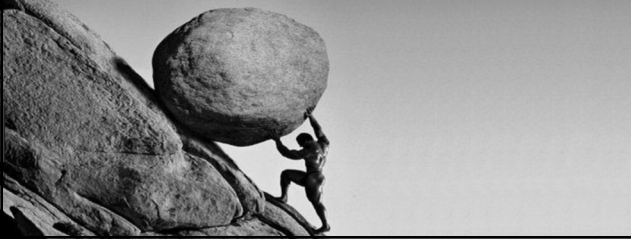


Our ancestors raised the next generation by drawing upon seven important genetic traits that evolved over tens of thousands of years in our species. Today, these traits are more important than ever in preparing children for tomorrow's successes.

I call these the Seven Critical Traits of TENACITY!



TENACITY! is defined as perseverance, doggedness, resolution, patience, endurance and stamina.



Tenacity provides the mental and emotional fuel driving resilience and self-discipline.

**KEEP
CALM
AND
NEVER
YIELD**

A tenacious mindset may be comprised of seven traits, but for these traits to develop and flourish they require the nurturing and support of caring adults.



These traits are:

- intrinsic motivation
- instinctual optimism
- practical intelligence
- compassionate empathy
- virtuous responsibility
- genuine altruism
- measured fairness



Instinctual Optimism

- A belief driven by genes.
- A belief that a way will always be found.
- A belief that success will be obtained.
- The glass is half full!



Intrinsic Motivation

- Driven by internal reason and inspiration.
- Rewarded by the payoff to the mind.
- Guided by belief not environmental consequences.



Practical Intelligence (simultaneous ability)

- The ability to see all the parts of a problem simultaneously.
- A mental activity by which the child integrates stimuli into groups.
- Stimuli are seen as a whole.
- Each part is related to the others.



Compassionate Empathy

Insight combined with:

- Sensitivity
- Tolerance
- Kindness



Most Powerful Predictors of a Resilient Child

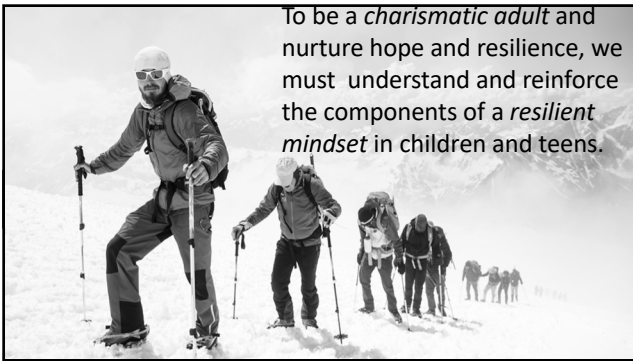
- Easy temperament
- Consistent family relationships
- Competent caregivers
- Development of self-esteem
- A sense of emotional security

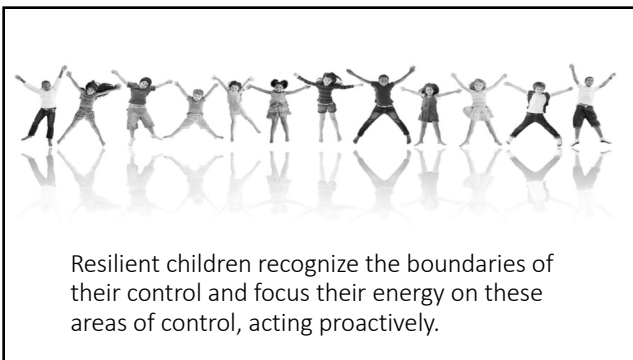


What Components Define the Mindset of Resilient Children?



To be a *charismatic adult* and nurture hope and resilience, we must understand and reinforce the components of a *resilient mindset* in children and teens.

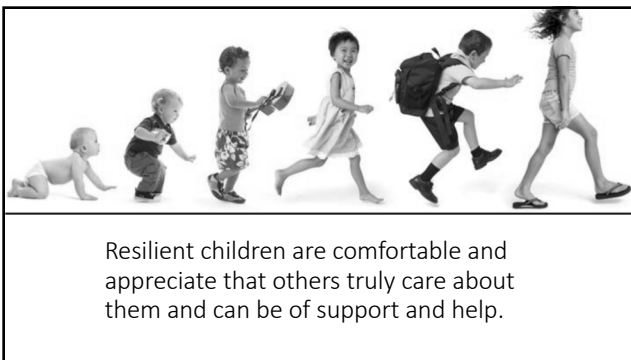




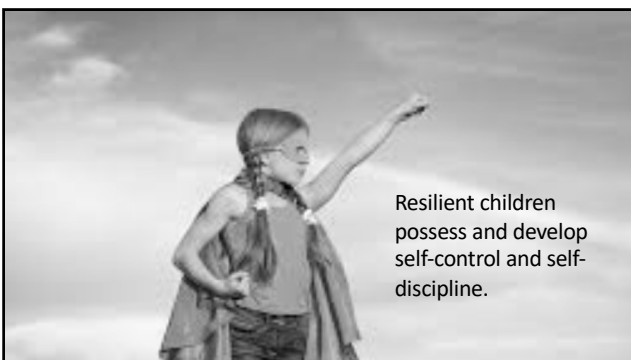
Resilient children recognize the boundaries of their control and focus their energy on these areas of control, acting proactively.



Resilient children develop competence in effective problem solving and decision making. They are flexible in reaching goals through multiple means.



Resilient children are comfortable and appreciate that others truly care about them and can be of support and help.



Resilient children possess and develop self-control and self-discipline.



Resilient children believe they can contribute to and make a positive difference in the world.



Resilient youth possess islands of competence or strengths that define their identity.



Resilient children can deal effectively with mistakes and failure.

Stress Hardiness

- Committed to finding a meaningful purpose in life.
- A belief that you can influence your surroundings and outcome of events,
- A belief that you can learn and grow from both positive and negative life experiences.



Focus on Well Being!

- COMPETENCE in academic, social and vocational areas
- CONFIDENCE or a positive identity
- CONNECTIONS or healthy relations
- CHARACTER or positive values, integrity, and values
- CARING and compassion

(Lerner et al, 2000)



Five 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.



Through the Eyes of Others

- Do you practice what you have learned and lived?
- It is difficult to be empathic when you are disappointed or angry.
- Do you make assumptions about the motives of others?
- Do you hold the erroneous belief that if you are too empathic people will take advantage of you?



Changing The Words of Life: Re-writing Your Negative Scripts

Learn to identify obstacles that prevent progress:

- A lack of awareness of the role negative scripts play in your life.
- Insisting that others must change first if you are to change.
- Hiding behind the stress of every day life to avoid having to change.
- Giving up.



Changing The Words of Life: Re-writing Your Negative Scripts

- Seek out negative scripts in your life and assume responsibility to change them.
- Take the time to define short and long-term goals.
- Consider new scripts or plans of actions in accordance with your goals.



Changing The Words of Life: Re-writing Your Negative Scripts: **Becoming the Author of Your Life:**

- Select from these new scripts the one you believe has the greatest probability for success. Decide what success means to you.
- Anticipate the possible obstacles that might interfere with your success.
- Put the new script into action and assess effectiveness.
- Make changes if things aren't working but keep moving forward.



Through the Eyes of Others

Steps to becoming an empathic person:

- Take the time to complete empathy exercise. Consider how you would like other people to describe you versus how they might actually describe you. Act on the discrepancy.
- Use your experiences as a guide.
- Make an effort to put empathy into practice every day.



Communicating Effectively

- What am I attempting to achieve in this communication?
- Am I saying or doing things in a manner in which others will be most responsive to listening to what I have to say?
- Would I want anyone to speak to me the way I speak to others?
- How would others describe me as I communicate with them?



Communicating Effectively

- What makes it easiest for me to listen to what others have to say?
- What do others say or do that turns me off and keeps me from listening to their message?
- Even if I disagree with someone, do I at last validate their point of view?



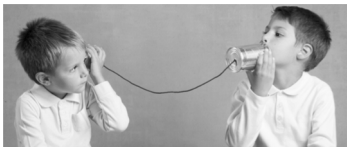
Obstacles to Communicating Effectively

- It is difficult to communicate when you are disappointed, angry or frustrated.
- It is difficult to communicate when you lose sight of your goal.
- Are you trapped by models from your past?



Steps to Communicating Effectively

- Become an active listener.
- Validate: Let others know they have been heard.
- Live by the golden rule.



Steps to Communicating Effectively

- Avoid ultimatums and all or none statements.
- Serve as a model of honesty, integrity and dignity.
- Make humor an essential part of your communication.
- Practice and then practice more.



Dealing with Mistakes

Steps to manage mistakes and setbacks:

- Examine your assumptions about mistakes.
- Challenge self-defeating attributions.
- Learn something positive from every situation.
- Decide on a plan of action to attempt new scripts based on new attributions.



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Virtuous Responsibility

Responsible behavior guided by:

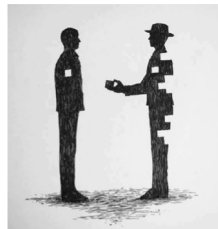
- Dignity
- Morality
- Respect for self and others
- Integrity



Genuine Altruism

Giving of yourself (time and effort) guided by:

- Sincerity
- Honesty
- Truth
- Sensitivity
- Honesty



Measured Fairness

- A concept developed in Game Theory.
- Being fair to yourself first than others.
- Knowing when you must put yourself first.



The Road to a Tenacious Mindset: Building Islands of Competence

- Examine your assumptions about your children's choices and successes.
- Challenge their self-defeating attributions.
- Help them find passionate interests and islands of competence and pursue them.
- Never gamble an island of competence.
- Listen and learn first before advising. Sometimes they just want to be heard.
- Let them learn from their experiences.
- Be proactive in the face of true problems.
- Take a long term view.

The Lessons of Resilience: Maintaining a Resilient Lifestyle

Exercising resilience on a daily basis:

- Have I truly listened during the past day and attempted to understand the viewpoints of my children?
- How have I related to my children? Have I practiced empathy and respect?
- How have I responded to stress, mistakes and setbacks? What will I do differently the next time?
- In what areas did I do well? How do I maintain and/or reproduce these positive behaviors tomorrow?
- Do not wait for your children to change first. A different kind of helicopter parent.

Focus on Well Being!

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Is Childhood Going Extinct?




May our philosophies keep pace with our technologies. May our compassion keep pace with our powers. And may love, not fear, be the engine of change.


Dan Brown






Questions?

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