

Raising Resilient Children

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There is an inflation of stress
and risk facing our children.
Not surprisingly there is also an
inflation of mental illness.

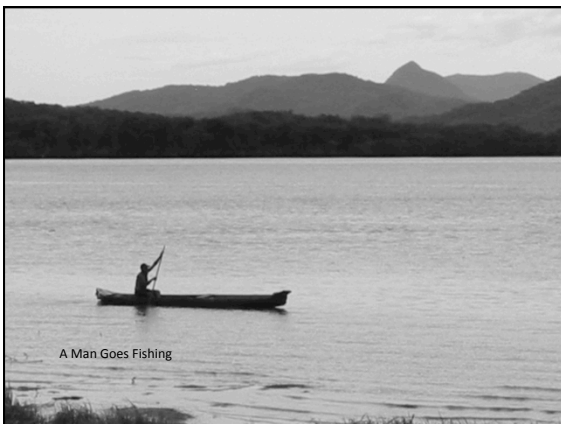
The Future



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 Grandparent's Future



My Parent's Future



My Parent's Future



My Future



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

Daniel Siegel
The Developing Mind

B.C.
Life Before Children or . . .



BEFORE CHAOS!

Before Children



When you
believed all your
dreams and
wishes about
parenting and
children would
come true!

The Kind of Parent You Promised to Be

- Loving and patient
- You would explain not order
- You would discuss not overpower
- You would be patient
- You would remain calm
- You would be consistent
- Neither too lenient nor too strict and....

YOU WOULD NEVER GET ANGRY!

Why is it so hard to keep our promise?

- Raising children requires long hours.
- Children are messy. You must pick up, wipe up, clean up, organize, support and supervise.
- Children are noisy and disturb our peace.
- Caring for children requires time consuming tasks such as laundry, shopping, cooking and driving.

Why is it so hard to keep our promise?

- Children are self centered. Their needs come before yours.
- In their quest for independence children test limits and our patience.
- Children require large amounts of attention, approval and support.
- Children of all ages require supervision
- Some children are difficult to understand.

Clayton Cares

Date _____

Dear mom and dad,

I missed the stamp party today because I had too many punches on my card. I got punches on my card for ... having lots of think times I'm really sad

I am going to do better in class from now on by ... listen ing to teacher and not going to think times

Love, Clayton

Parent Signature Jennifer Anderson

Parents: Please read, see attached stamp card, sign and return.

Please put any questions or comments on back. →

mom and dad
I love you more
than you know.

to: mom and dad
from: your son, clayton

Clayton Can't Get a Break

VOCABULARY
"Two Days in May"

Quiz 11/100! Name Clayton

Draw Straight lines!

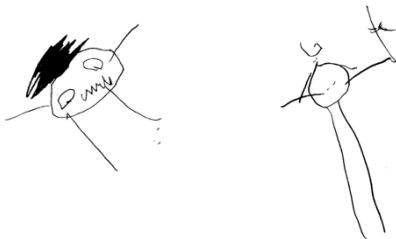
- starvation**: to suffer or die from not having enough food
- on all sides of**
- an area of land**
- erecting growing plants**
- referring to the number of people or animals living in a certain place**
- to enjoy and understand**
- to move from place to place without reason**

We can't keep our promise by adopting a deficit model!

Did you ever wonder . . . ?





















Instinctual Optimism
&
Intrinsic Motivation



Resilience is a pattern
of positive adaptation
in the context of past
or present adversity.

Good Coping = Resilience

Instinctual optimism and intrinsic
motivation can be understood as
vital components guiding human
development, self-discipline, a
sense of ownership and
responsibility for one's behavior.

Instinctual optimism and intrinsic motivation serve as the fuel for a resilient mindset.

Kindergarten
Graduation



How Will They Feel in Five Years?



Preschool Graduation Part I



Preschool Graduation Part II



"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

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

Kirby Deater-Deckard

Resilience is a process focusing upon strengths to overcome adversity.

Person Attributes Associated With Successful Coping*

- Affectionate, engaging temperament.
- Sociable.
- Autonomous.
- Above average IQ.
- Good reading skills.
- High achievement motivation.
- Positive self-concept.
- Impulse control.
- Internal locus of control.
- Planning skills.
- Faith.
- Humorous.
- Helpfulness.

* Replicated in 2 or more studies

Environmental Factors Associated With Successful Coping*

- Smaller family size.
- Maternal competence and mental health.
- Close bond with primary caregiver.
- Supportive siblings.
- Extended family involvement.
- Living above the poverty level.
- Friendships.
- Supportive teachers.
- Successful school experiences.
- Involvement in pro-social organizations.

*Replicated in 2 or more studies.

Most Powerful Predictors of a Resilient Child

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

The pathways that lead to positive adaptation despite high risk and adversity are complex and greatly influenced by context therefore it is not likely that we will discover a magic (generic) bullet.

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

We fail to appreciate that children are genetically endowed with certain patterns of behavior and thought.

What Are Some of These Traits?

The drive to help.
The drive to mastery.
Intrinsic motivation and instinctual optimism.
Altruism.
Problem solving.
Social connection.
The drive to acquire knowledge.

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.

Teach Empathy By Practicing Empathy

- Are we saying or acting in a way that our children will be responsive to hearing us?
- Would we want anyone to speak to us the way we speak to our children?
- How would our children describe us at various times?
- How would we want our children to describe us?

Teach Empathy By Practicing Empathy

- Listen
- Validate
- Avoid preaching and lecturing
- Avoid judgments and accusations
- Put yourself in their shoes
- Change your negative scripts

Teach Responsibility By Encouraging Contributions

- Provide ample opportunity
- Focus on existing success
- Build islands of competence
- Allow the opportunity to witness concrete examples of success

Teach Decision Making and Problem Solving Skills That Reinforce Self-Discipline

- What's my problem?
- What solutions are available?
- Which solution is the best?
- How can I implement each step of the solution?
- How did I do?

Offer Encouragement and Positive Feedback

- Become a charismatic adult
- Provide realistic appreciation
- Focus on building rather than tearing down
- Be available

Help Children Deal With Mistakes

- The fear of mistakes is a strong roadblock to developing a resilient mindset
- Mistakes are opportunities to learn
- Model the benefits of mistakes

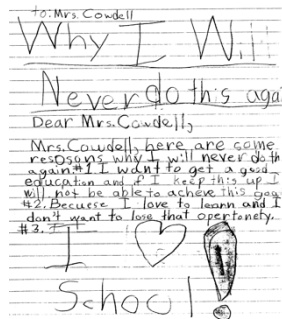
Do Children Care What We Think? Part I

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 was
 very wrong and I wanted to
 say it just that 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



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)

Adopt a learning to swim mindset!

The Mindset of a Resilient Youth

- 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 you can and set out to solve problems.
- Possess empathy.

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