

Raising Resilient Children



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We are all strong and have a core inner strength



What are feeling?

Body sensations?

Emotions?

What are you feeling?

- Happy

- Scared

- Angry

- Sad

- Love

- Hurt

Focus: Children develop resiliency through quality connection with parents and other adults. Quality connection is based on quality communication and tuning into the three languages of children's brains.

**How do you create a quality
connection or attunement
with a child?**

Presence ...

Attunement

Willingness to feel...

body sensations and emotions



Willingness to wade into the water of emotion



Being a very accurate mirror





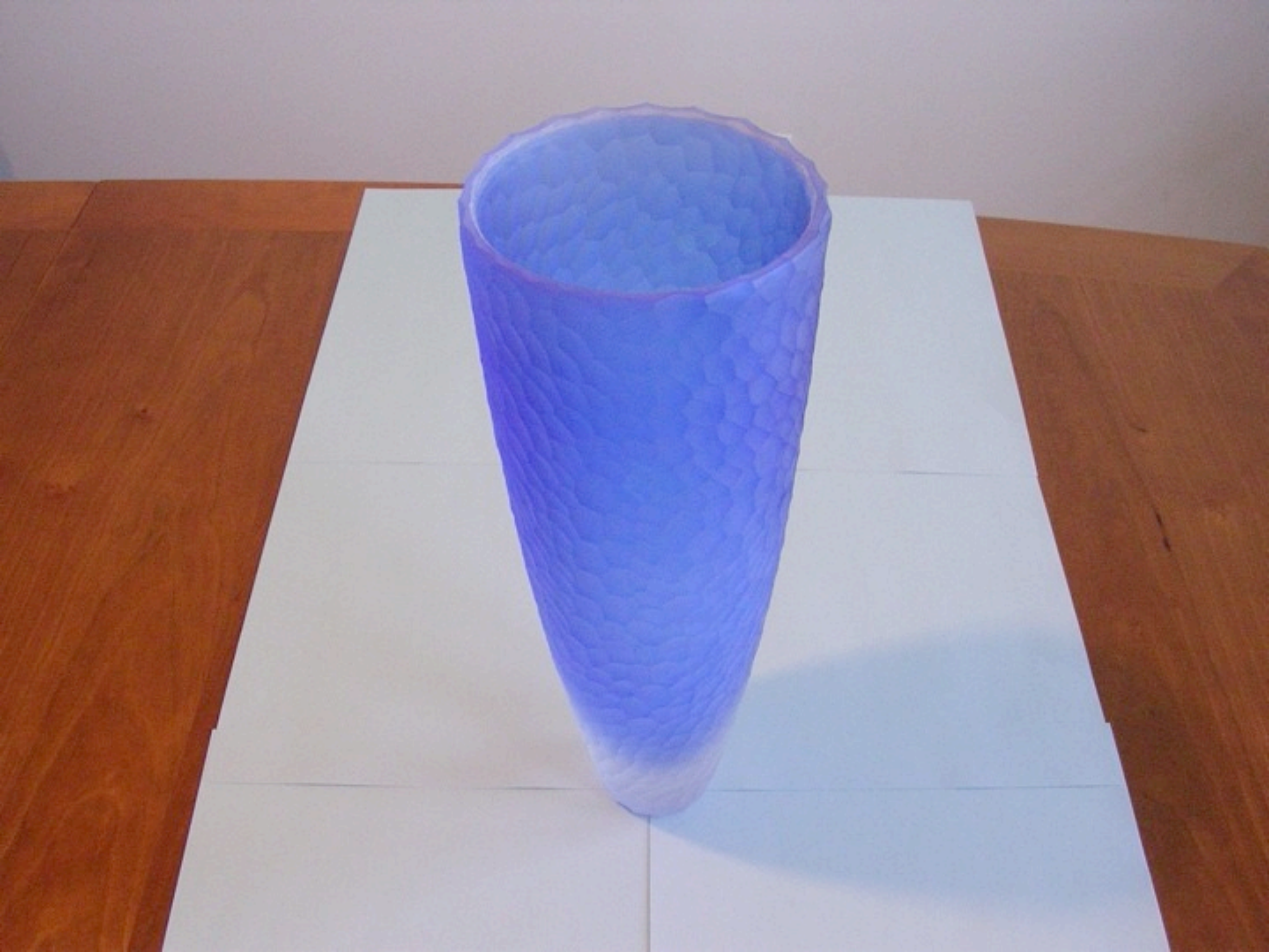


90% Communication is Non-Verbal

Presence

1. A large percentage of communication is non-verbal. Your presence is more important than your words.
2. Non-verbal: facial expressions, body language, tone of voice, touch.
3. You are more present when you are in touch with emotions and physical sensations.

Children set you up to feel
what they feel

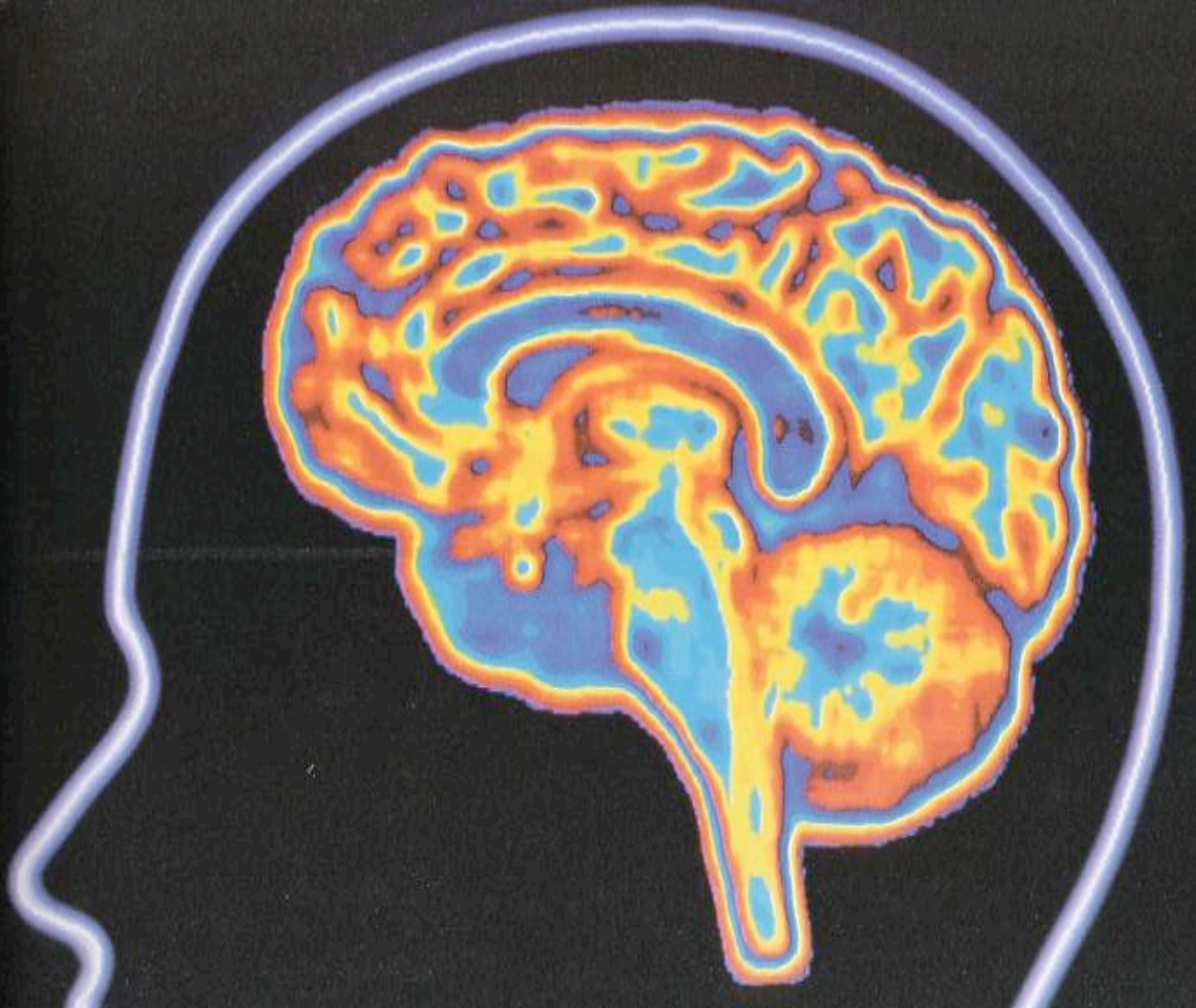




HYPOTHALAMUS

THALAMUS







Safety - Security

Speaks through
Body Sensations

Brain Stem



Emotion / Motivation

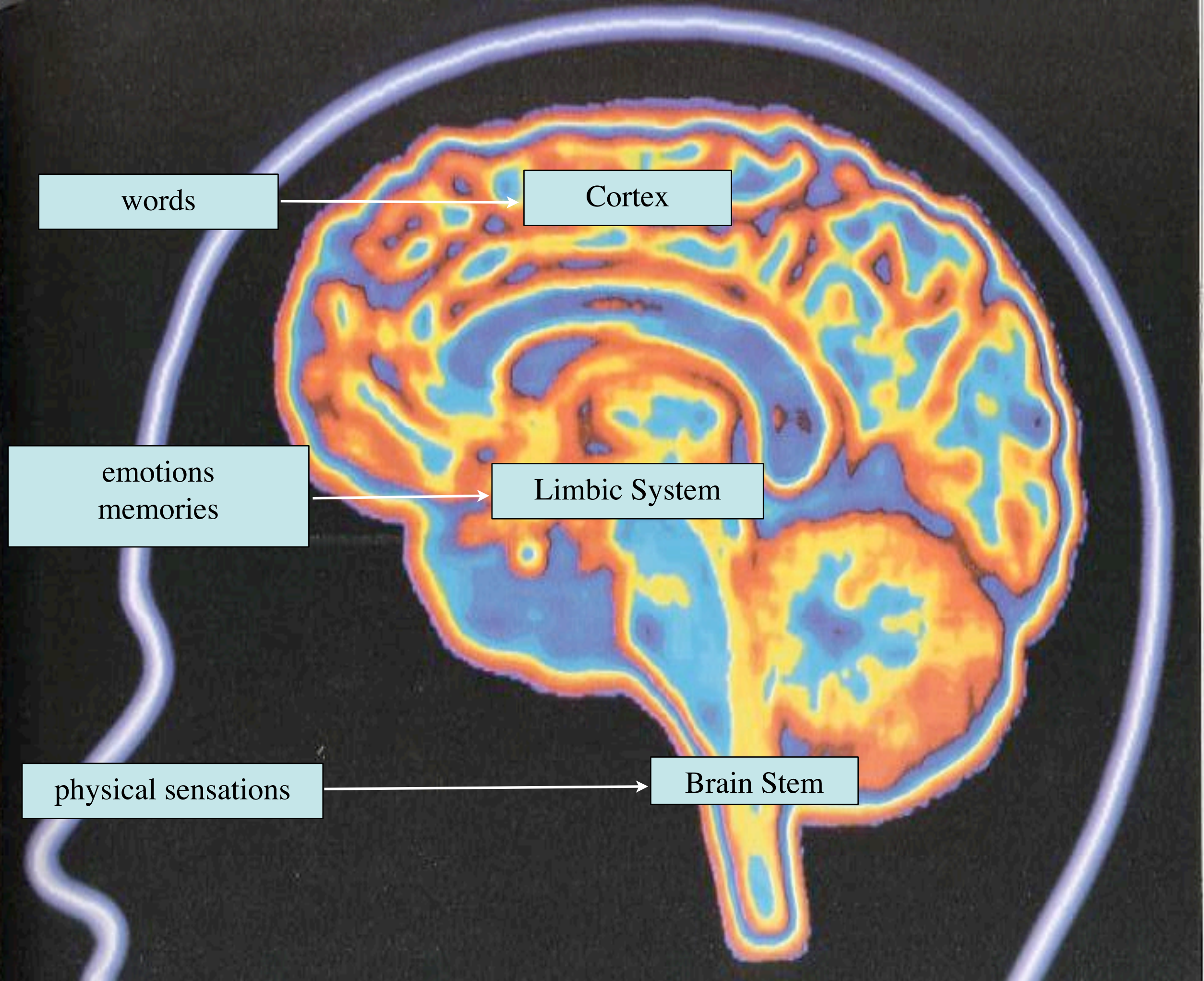
Limbic System

Speaks through Emotions
and Memories

Thinking, Analyzing,
Creating

Speaks through Words

Cortex



words

Cortex

emotions
memories

Limbic System

physical sensations

Brain Stem

Right vs Left

Which do you use more?

Connection or Attunement is created by
using sides of your brain

Left (Logical) vs. Right (Emotional)

Left side has no connections to the body.
Right side has connections to body, so it is
connected to emotions and sensations.

What are you feeling?

- Happy

- Scared

- Angry

- Sad

- Love

- Hurt













Yes, there is an intelligent

TIME

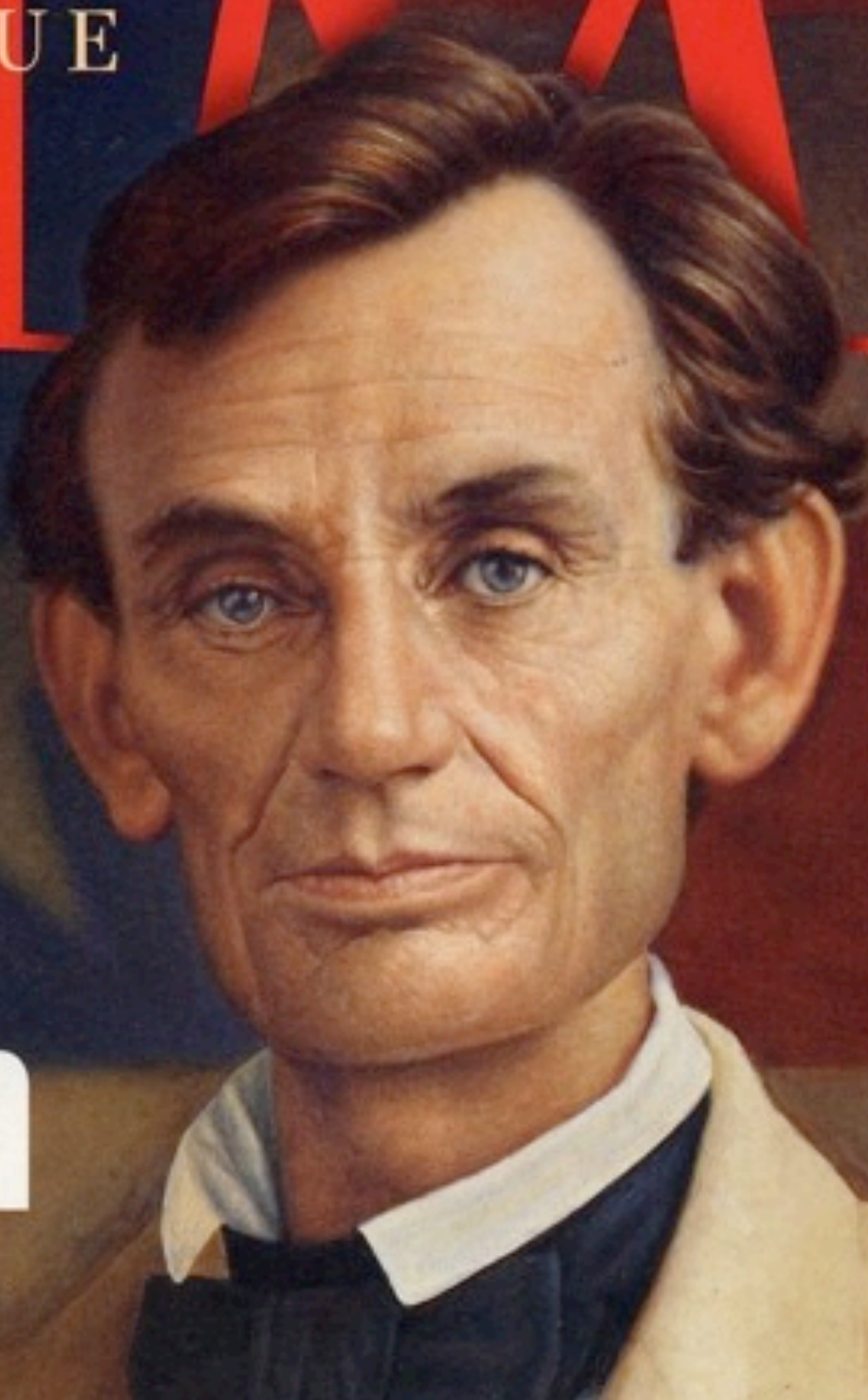
SPECIAL ISSUE

IRAQ: A SUICIDE BOMBER
IN TRAINING TELLS HIS STORY

UNCOVERING
THE REAL

Abe Lincoln

IDEAS



The secrets of his
political genius

His private struggle
with depression

His complicated
views on race

The strange saga
of his wife

Abe's Road To The White House

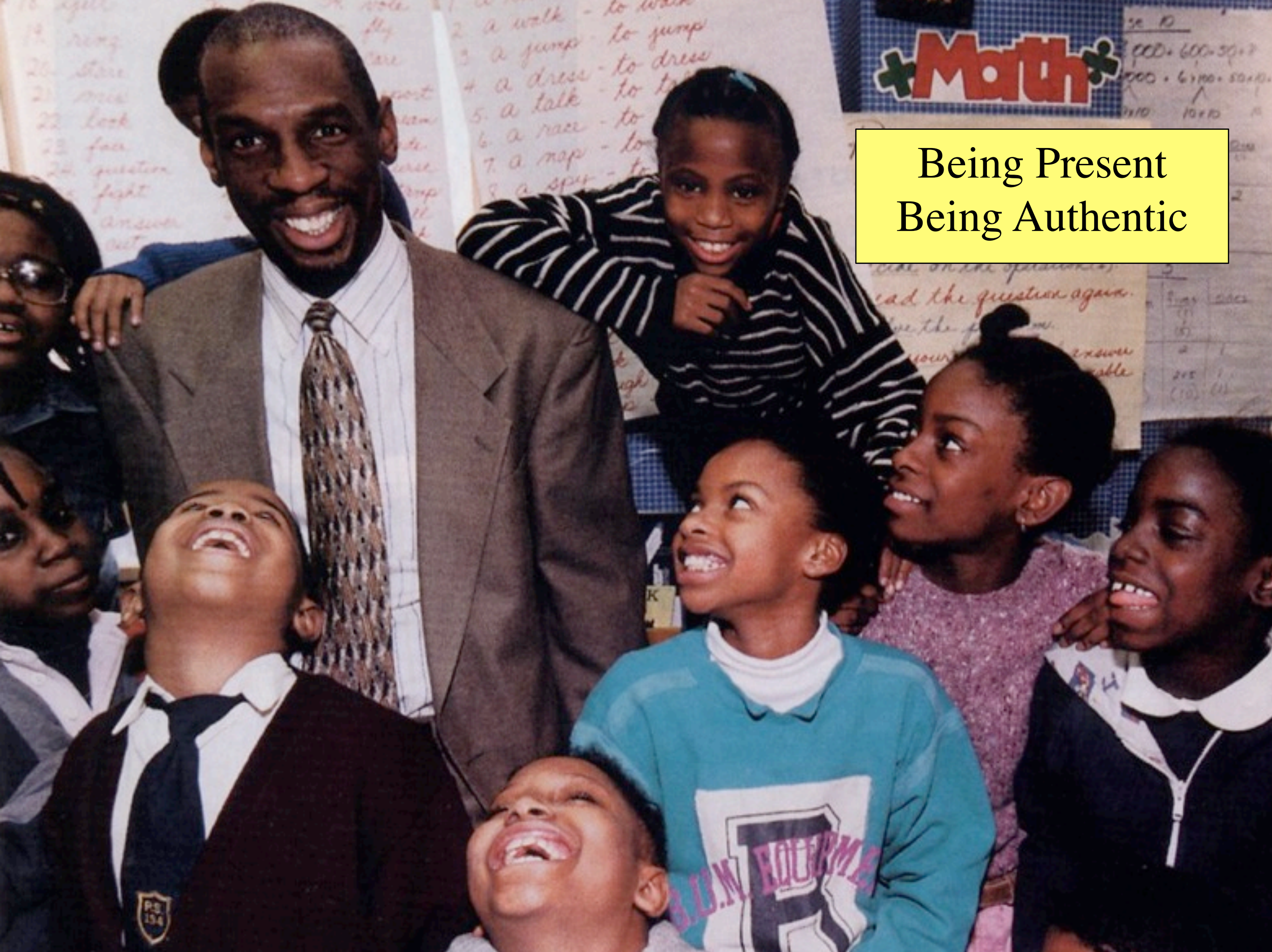
- Failed in business 1831
- Defeated for Legislature 1832
- Second business failed in 1833
- Suffered nervous breakdown in 1836
- Defeated for Speaker in 1838
- Defeated for Elector in 1840
- Defeated for Congress in 1843

- Defeated for Congress in 1848
- Defeated for Senate in 1855
- Defeated for Vice President in 1856
- Defeated for Senate in 1858
- Elected President in 1860

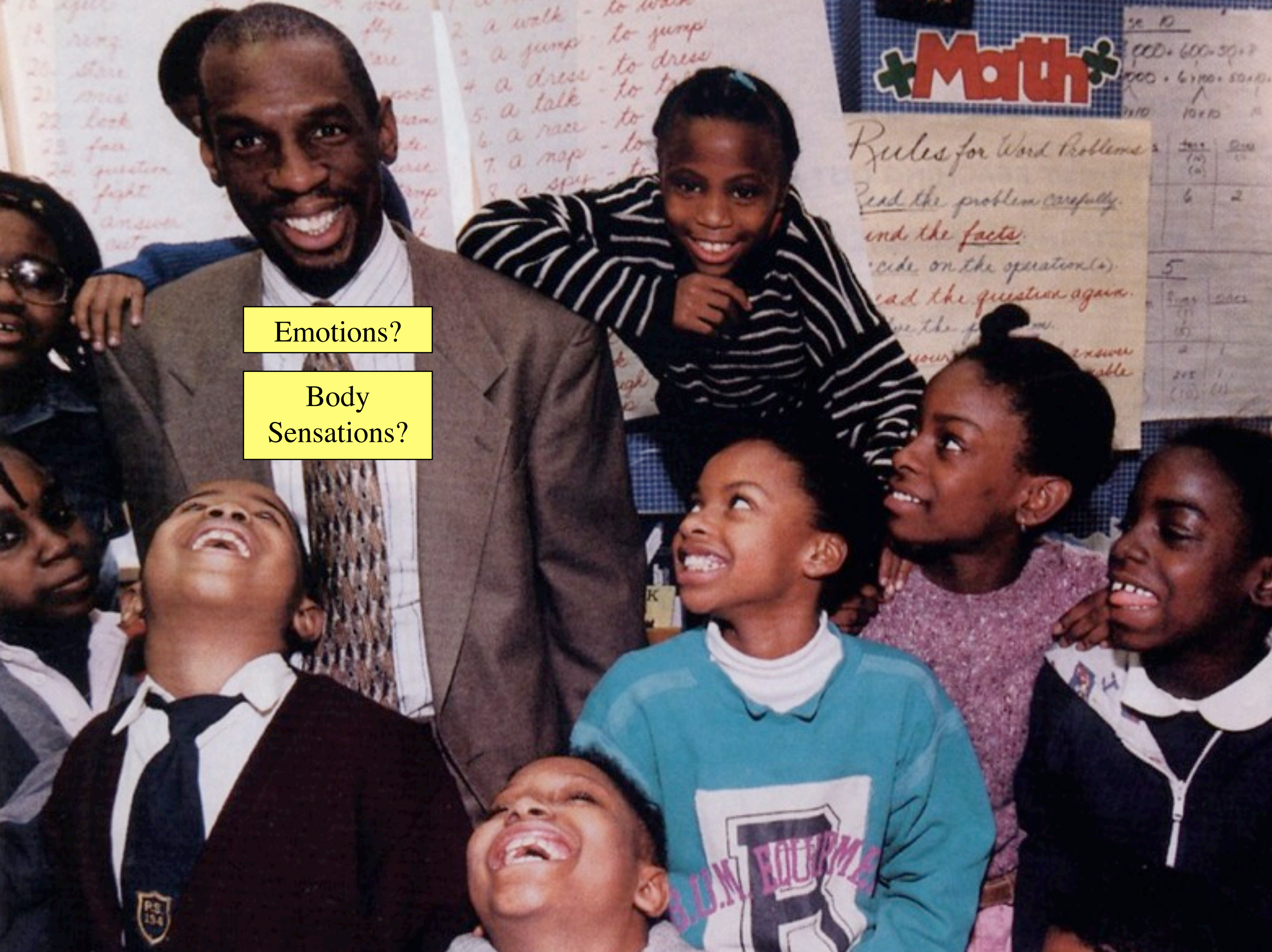
Key Question: What factors help a child to become resilient?

Factors that Promote Resiliency

- Being present - Being an accurate mirror
(Support to feel uncomfortable emotions, move through them, then problem solve - Emotion Coaching)
- Encouragement
- Belief that your child is resilient and strong
- Focusing on Strengths (areas of intelligence)
- Acknowledging and reminding children of their strengths
- Relaxation
- Letting Go
- Exploring faith and trust



Being Present
Being Authentic



Emotions?

Body
Sensations?



Being a
doula
















Emotion Coaching by John Gottman

1. Be aware of a child's emotions. Be aware of your own emotions and physical sensations.
2. Recognize emotional expression as an opportunity for intimacy and teaching
3. Listen empathetically and validate a child's feelings
4. Label emotions in words a child can understand
5. Help a child to come up with an appropriate way to solve a problem or deal with an upsetting issue or situation.

What are the challenges to building
resiliency in children?

Challenges

-  Pain
-  Fear, anxiety
-  Lack of support - no “doula”
-  Over attachment - too close, under attachment - too far
-  Lack of awareness of strengths, not feeling valued
-  Beliefs - can't do this, this is too hard, etc.
-  Old trauma

Activities That Foster Resiliency

- Resiliency Journal
- Emotion Coaching - Be a doula
- Paying attention to your beliefs and attitudes - support, not overprotection
- Self-Talk - Little Engine That Could
- Seeing challenges as opportunities and gifts
- Identify strengths, discuss them, and acknowledge them
- Praise efforts, no global comments
- Have fun, create joyful, nourishing activities
- Create support for yourself
- Read and discuss story characters



Choice: To fix or change or to wade into the water





Be an accurate mirror. Be authentic

What are the gifts of this challenge?



Awareness

Tune into your body sensations
and to your emotions off and on
and maybe do a
self-care activity

Speak out loud to the universe once and awhile during stressful times...

“I’m late for my meeting. I notice my heart is racing (body sensations) and I’m feeling scared (emotions). I’m going to take some deep breaths. (self-care)

Expressing it taps into logic and words.

Keep a resiliency journal
for your child
for a year

Practice a relaxation technique

Belly Breathing
5/5/5 Breathing

Focus on times when your child
and you felt strong and
do some tapping







We are all strong and have a core inner strength

Good Books

- 🌐 *Raising An Emotionally Intelligent Child* by John Gottman
- 🌐 *The Whole Brain Child* by Daniel Siegel
- 🌐 *Beyond Consequences, Logic, and Control* by Heather Forbes
- 🌐 *Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children* by Linda Lantieri
- 🌐 *Trauma-Proofing Your Kids: A Parent's Guide for Instilling Confidence, Joy, and Resilience* by Peter Levine
- 🌐 *In Focus: Improving Social and Emotional Intelligence, One Day at A Time* by Tom McSheehy