

PROMOTING RESILIENCE

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QUICK INTRO...

Lebanese-Canadian Psychology

Education

Forensic Psychology

Teacher 9 years

Counsellor 8 years

15-year-old daughter

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SESSION FOCUS

- What is Resilience?
- What factors influence resilience?
- Practical steps to help you develop your child's grit
- Q & A





WARM UP ACTIVITY



Mum who waxed toddler's eyebrows says she did it to save child from bullies



SUCCESS

Our society is obsessed with success. We believe that in order to be successful you need:

- Talent
- High IQ
- Top grades
- Researchers found another factor that is even more important.
- Not good looks, social intelligence, physical health or IQ.



Psychologist Angela Duckworth



- Became a teacher and noticed that some of her top students were not the smartest.
- Some of her brightest students were not the highest performers.
- Interviewed: kids & adults
- Top corporate salespeople
- Successful athletes
- Elite military personnel

Who is successful here and why?



SUCCESS

One characteristic that was a **significant predictor** of success: **GRIT**

- Ability to cope with difficult times and be able to pick yourself up after being knocked down.
- Managing stressful situations by dealing with difficult emotions.
- Working very hard toward achieving long term goals, in spite of wanting to give up.



How Do I Help My Child Become More Resilient?







Question: What things make it hard for our children to be resilient?





CHALLENGES



- Negative past experiences
- Lack of interest
- Lack of emotional regulation
- Perceived incompetence
- Learning difficulties or other additional needs
- Unsupportive environment
- Personal traits
- Multiple stressors
- Family conflict
- Social media

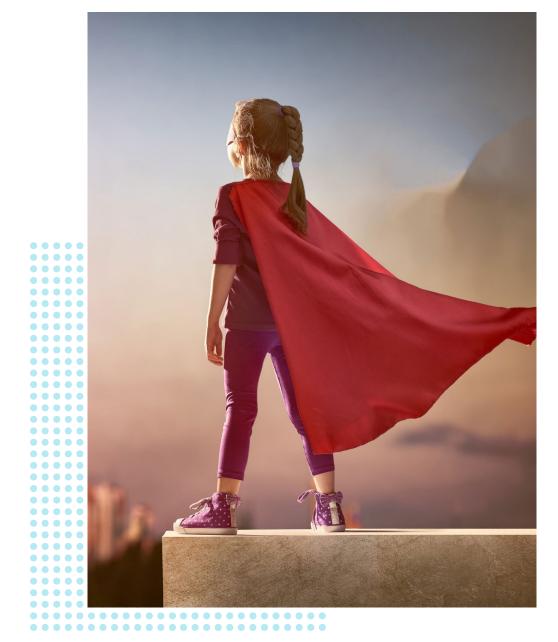




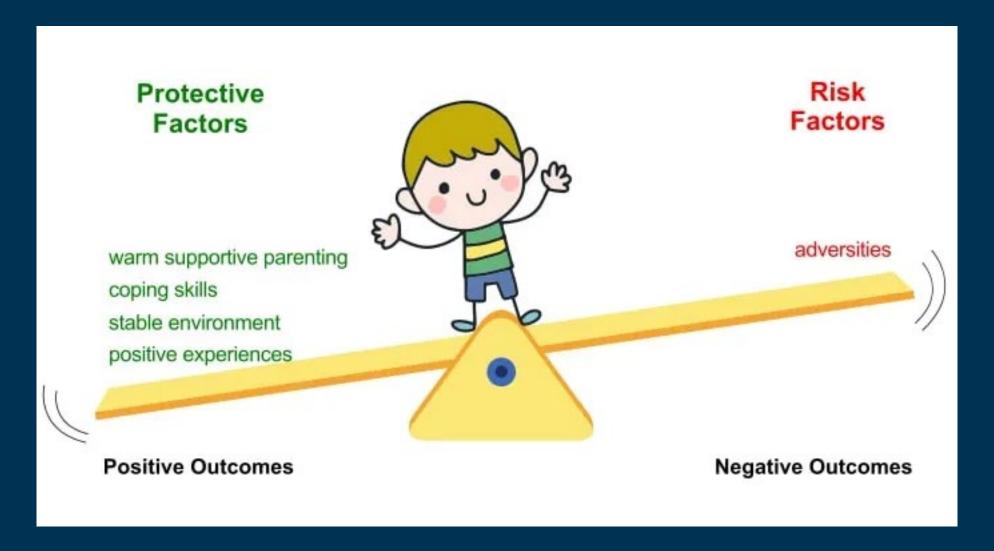
GOOD NEWS:

GRIT CAN BE LEARNED

Not something you either have or you don't



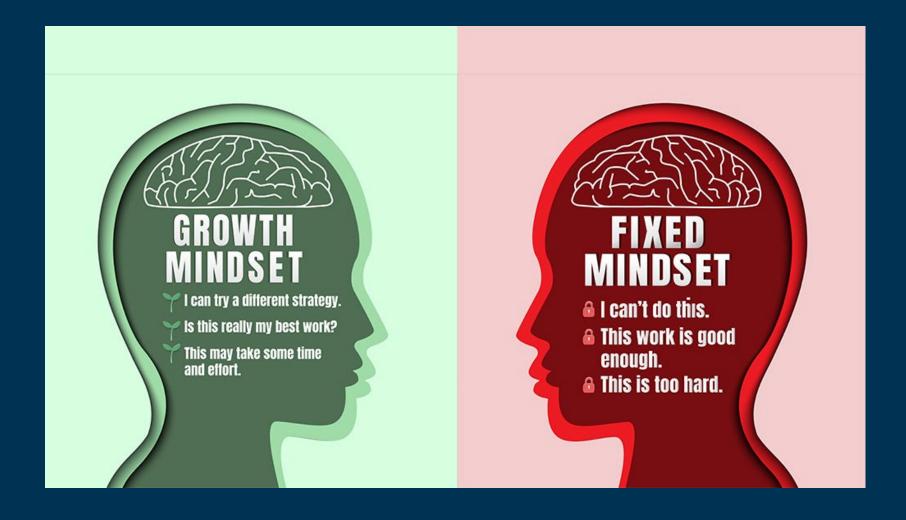
RISK FACTORS VS. PROTECTIVE FACTORS





Risk **Protective Factors Factors** Difficult temperament . ! Easy temperament Low self-esteem • · Good social and emotional skills Impaired cognitive development • · Well developed cognitive skills Child Poor physical health . · Good physical health Poor language skills • _ Good language skills Family disharmony or break up . . Stable home environment Any form of child abuse or neglect • Warm and supportive parenting **Family** Harsh or inconsistent parenting • Secure attachments with Carer with mental illness or significant carers substance abuse High quality education and care services Poor relationships at the service • · Service climate enhances belonging Service Limited experiences of social • and connectedness interaction with peers Warm and supportive relationships with carers · Warm and supportive relationships Stressful life events . with carers Life events Death of a family member • Secure attachments with Experience of trauma • significant carers Discrimination • Inclusion Isolation • Societal · Access to support services Socioeconomic isolation • Economic security Lack of access to support services •

GROWTH MINDSET







DEVELOPING A GROWTH MINDSET

INSTEAD OF	TRY THINKING
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them

HOW BIG IS YOUR PROBLEM?

Categorizing Problems

Critical

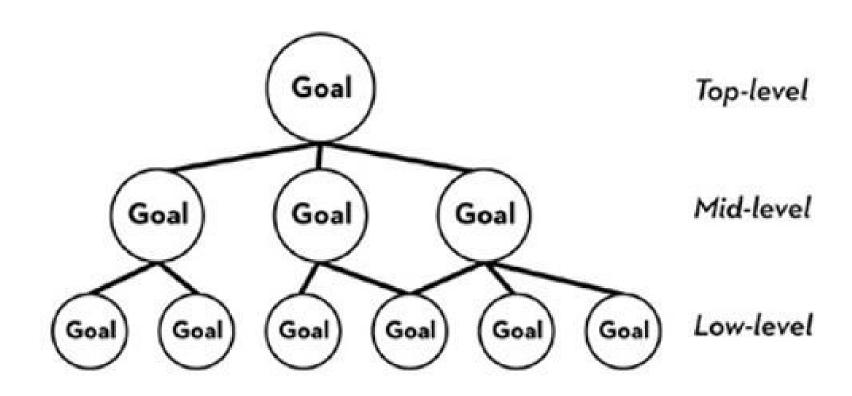
Big

Medium

Small



GOAL SETTING





OTHER IMPORTANT THINGS TO CONSIDER...

- Consequences & learned helplessness
- Friends
- Role models (self, family, historical figures)
- Independence
- "I can't force my child"



RESILIENCE BEGINS WITH YOU!



RESOURCES - RESILIENCE

- au.reachout.com
- www.mindsetkit.org/growth-mindset-parents
- apa.org
- Healthychildren.org
- Kidshealth.org

Podcasts:

- How Not to Screw Up Your Kids
- Speaking of Psychology

QUESTIONS?

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