

Helping children build resilience and manage stress

Kingsgate Parents and Carers
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9.00-10.00

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How today will help you...

You'll know

- What 'emotional resilience' is
- How to build your child's emotional resilience
- How to spot the signs of stress in your child
- How to help reduce stress

What is emotional resilience?

- Having ‘Bouncebackability’ when things go wrong
- Managing life’s challenges
- Managing **small** and **big** feelings
- Being able to ask for help

Emotional Resilience and Mental Health

Being able to cope with the ups and downs of life is part of having good mental health

We all have mental health

A continuum of mental health



Mentally well

- Manage a range of positive and negative emotions
- Feelings/thoughts match situations
- Able to cope

Mentally ill

- Persistent negative/overwhelming thoughts and feelings
- Response is out of proportion
- Unable to manage

What can you do?

1. Teach coping strategies (so that the worries feel less big and you feel more positive and can cope better)

- Challenge unhelpful thoughts replace with positive thoughts
- At the end of the day think of 2 things that went well
- Encourage them to talk about their feelings
- Read stories about coping well and talk about the characters and what they did
- Talk about similar situations in which they have coped well

What can you do?

3. Praise them when they cope well with a situation
 4. Help your child relax/do things they enjoy
 5. Do some relaxation and deep breathing
 6. Take it seriously but also put it in proportion
 7. Provide regular routines
 8. Eat healthily and be physically active
 9. Talk about times you have coped with difficulties
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10. Help them make friends

What can you do?

11. Give lots of praise for effort and value what your child can do

12. Provide a sense of security with consistent boundaries, rules and routines

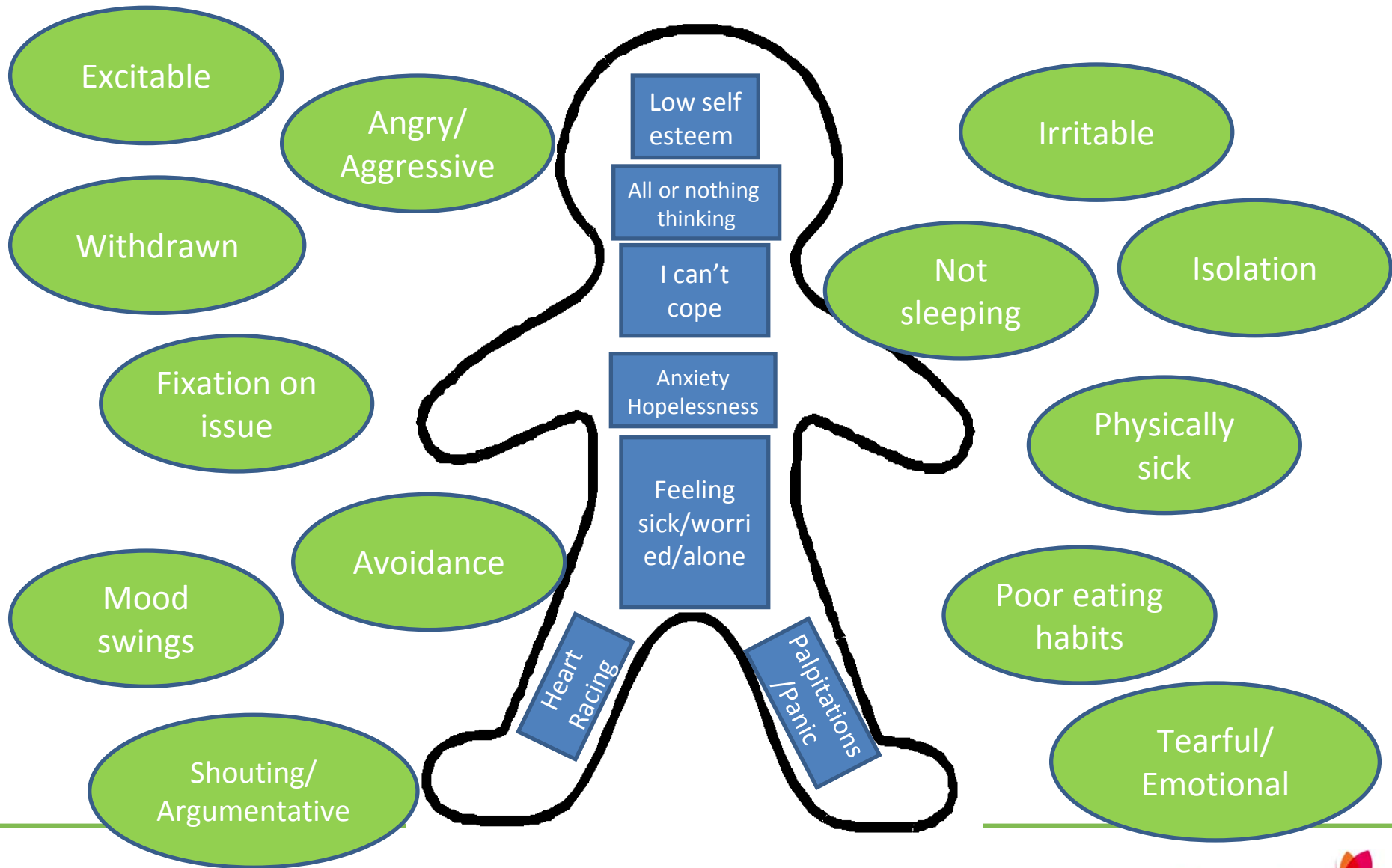
13. Give time to play/read/do something together

14. Use resilient language “I can do this”.

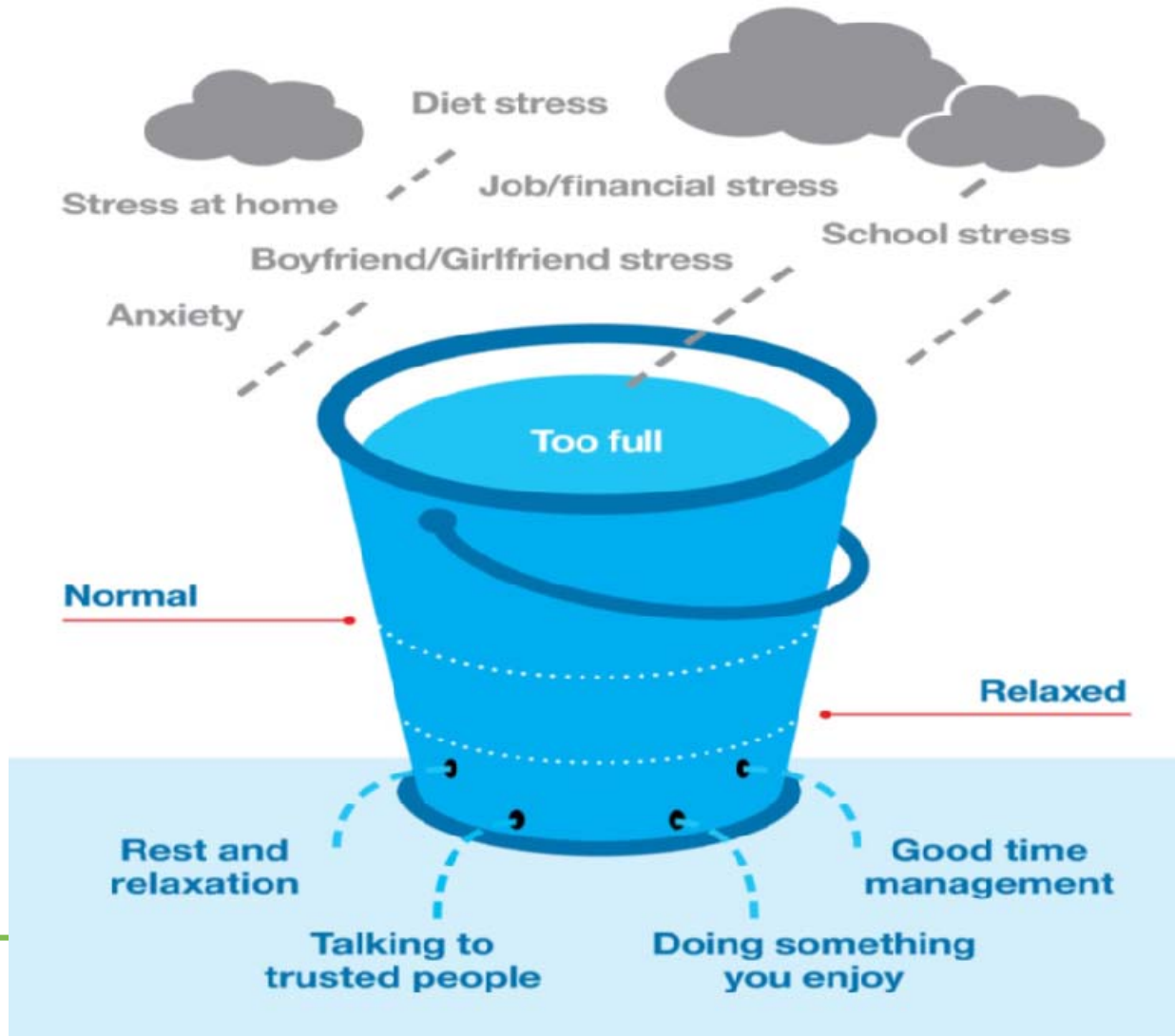
“You put so much effort in!” “It’s good to make mistakes, that’s how we become even better!”

15. Yoga, Mindfulness, Meditation

Signs of Stress

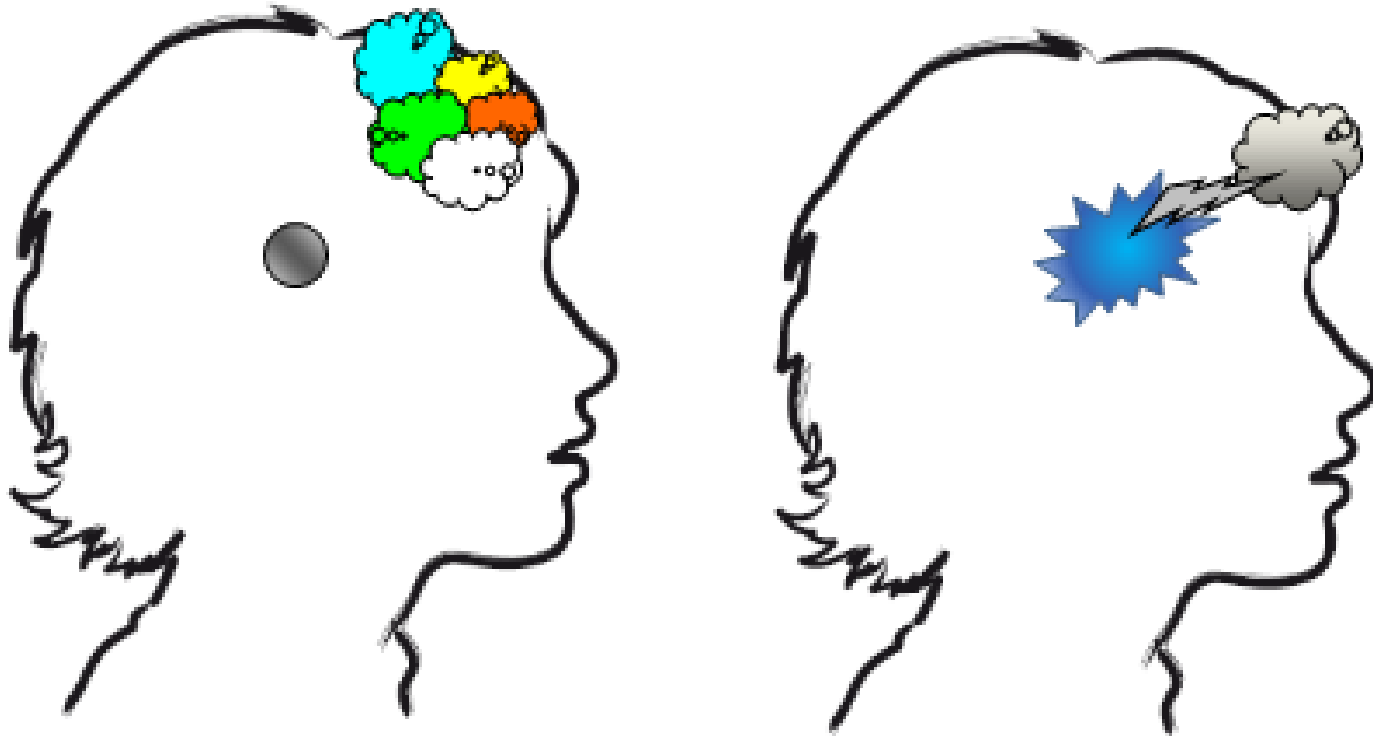


Dealing with stress



Self-regulation

The Thinking Brain and the 999 Brain



Tips for having supportive conversations...

- Think about the time and place eg in the car, walking
- Show empathy
- Stay calm
- Give your full attention, be curious and take it seriously
- Problem solve together
- Emphasise that you are always available to talk, when they want to

How would you help your child if they were....

- Worried about joining an after school club
- Always feeling they are not good enough
- Worried about moving to a new school
- Upset about falling out with a friend
- Worried about doing a piece of homework

WHERE TO GET ADVICE/SUPPORT

- Teachers / support staff
- Family / Friends
- School Nurse
- GP



Information:

- MindEd for Families - <https://www.minded.org.uk/families/index.html#/>
- Charlie Waller Memorial Trust - <https://www.cwmt.org.uk/resources>
- Pooky Knightsmith blog - <http://www.inourhands.com/>
- Young Minds - [http://www.youngminds.org.uk/for children young people](http://www.youngminds.org.uk/for_children_young_people)