

Fostering Resiliency in Kids

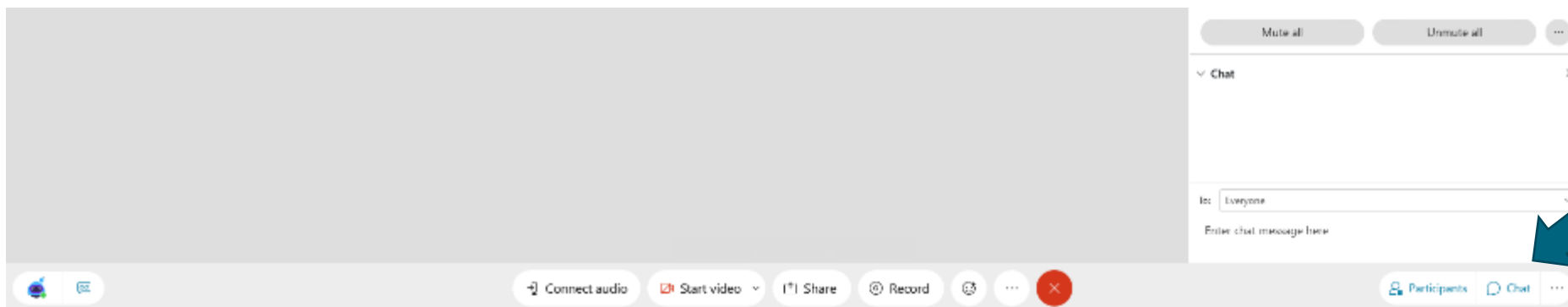
Taught by Healthy@Harris
Employee Wellness Team

HARRISHEALTH SYSTEM



Engage and Interact

- **Questions** – Type questions, thoughts, examples, in the chat box, the more interaction the better.
- **Premium Points** - You can only receive credit for one Wellness Workshop per day. Confirm your employee ID is entered correctly when registering for Employee Wellness activities. Please allow up to 4 weeks for 50 Premium Points to be reflected in MyCigna.



Employee Wellness Team



Michele Hunnicutt, MSHP, CHES, CWWPC
Director of Employee Wellness & EAP
Harris Health System



Courtney Karam, MPH, CHES
Sr. Employee Wellness Coordinator
Harris Health System



Ellen Ogedegbe, M.Ed., CHES, CWC
Employee Wellness Coordinator
Harris Health System



Haley Love, MPH, CHES
Employee Wellness Coordinator
Harris Health System



Latecia Murphy, M Ed, RN, BSN, CHES
Cigna Onsite RN Health Coach
Cigna



Leah Garcia Campbell
Sr. Client Engagement Manager
Cigna



Crystal Cunningham
Onsite Client Service Partner
Cigna

Learning Objectives

- What is resilience?
- What does it take to be resilient?
- How do you encourage self confidence?
- The role of process praise
- The role of helping kids manage emotions?
- What is the importance of having a sense of purpose?

“
A HERO IS AN
ORDINARY INDIVIDUAL
WHO FINDS THE STRENGTH
TO PERSEVERE AND ENDURE
IN SPITE OF OVERWHELMING
OBSTACLES.

Christopher Reeve



Qualities of Resilient Children

- Responsible and trustworthy
- Self awareness and mindfulness
- Realistic goals are set and attained
- Effective problem solvers
- Effectively manage their emotions
- Capable of taking initiative
- Maintains a sense of purpose
- Maintains a positive outlook on life



10 Helpful Tips to Help Raise Resilient Kids

1. Be a supportive role model
2. Allow children to experience mistakes
3. Provide opportunities for problem solving
4. Create a culture of striving and excellence
5. Encourage self-confidence and self-esteem
6. Praise children the right way
7. Practice good nutritional, sleep and exercise habits
8. Cultivate ways to help kids manage emotions
9. Help kids develop a sense of purpose
10. Model gratitude

1. Be a Supportive Role Model

- Model resilient behaviors
- Provide more positive adult connections
- Be calm and consistent
- Admit your own mistakes, vulnerability and ways to improve



2. Allow Children to Experience Mistakes

- Gives kids opportunities to fix their errors & make better future decisions
- Teaches perseverance, coping and problem solving skills



3. Provide Opportunities for Problem Solving

- Do not rush to solve problems for children or tell them the best solution
- Help them in brainstorming solutions
- Help your kids consider the possible results for each solution they propose

4. Create a Culture of Striving and Excellence

- Parents of exceptional kids, model excellence by devoting years to getting better at their craft- they make sure their kids are paying attention
- Set expectations early
- Don't just make rules- build character
- Be observant of your kid's natural aptitude, and help them build upon their innate talents



5. Encourage Self-Confidence and Self-Esteem

- It encourages them to dream big and prevents them from wanting to give up after setbacks
- Make sure your child feels loved and is praised for their achievements
- Do not make praise the main focus of who they are
- Encourage when they fail
- Avoid using putdowns to your child

6. Praise children the right way

- Give “process praise”
- Be specific and descriptive
- Praise Children’s efforts and the process, not their achievement or ability
- Avoid comparison praise



Examples of Effective Praises for your Kids

Use	Instead of...
"Thank you for helping me clear the table. I especially liked that you washed your dishes without being reminded."	"Good Job!"
"You have been working on writing your numbers and I see that you have been getting better at staying with in the lines. I'm sure you get great at it with all of the practice and patience!"	"Alright Now!"
"I love the colors you chose to color the girl's outfit. Why did you choose to use those colors on the shirt?"	"That's a great drawing!"
"You worked really hard on that sentence. I knew you could solve it if you really focused!"	"Smart boy!"
"You put in so much effort into that birthday card. I am pleased that your sister appreciated your card. How did you feel when you gave your sister her card?"	"Way to go, honey!"
"You were really upset, weren't you? It is OK to be upset sometimes. As you get older you'll learn ways to control your temper. Until, I am happy to help remind you to calm down."	"Good job for calming down!"

7. Practice good nutritional, sleep and exercise habits

- Good nutrition and exercise lead to higher self-esteem and increased physical strength for bouncing back
 - Encourage balanced diets
- Have a bedtime routine
- Make it a family priority to get enough sleep
- Modeling healthy eating and serving healthy meals are essential to encourage good nutrition



8. Teach Kids to Cope and Manage Emotions

- As kids learn to manage emotions, they will learn to be more resilient
- Steps
 - 1. Teach children that ALL emotions are okay.
 - 2. Help your child feel safe enough to feel his/her emotions, and at the same time limit his/her actions.
 - 3. Address bad behavior, if there is any, in order to set limits and boundaries.
 - 4. Brainstorm ways to fix the issue or prevent it from happening again.
 - 5. Model healthy emotional self-management by resisting our own “tantrums” such as yelling



9. Allow kids to have a sense of purpose

- Helps them practice self-compassion
- Help kids discover their purpose
 - Listen to them, ask questions, and guide them based on their interests
- Allow autonomy
- Share your own purpose
- Encourage them to believe that what they do matters



10. Model Gratitude

- Teaches an attitude of appreciation, nurtures optimism, recognizes kindness
- Help kids keep a gratitude journal/jar
- Bypass asking your children “What did you do today?”
- Three questions to have your children answer
 - What was something someone did today to make you happy?
 - What did you do to make someone else happy?
 - What did you learn today?
- Say “Please” and “Thank You”

If parents want to give their children a gift, the best thing they can do is to teach their children to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning. That way, their children don't have to be slaves of praise. They will have a lifelong way to build and repair their own confidence.

– Carol Dweck

AFineParent.Com



Contact Us!

HEALTHY@HARRIS

Caring for ourselves so we can care for others

346-426-1597

employee wellness@harrishealth.org

[Visit our website!](#)



#1 in Texas

