

Fostering Resilience: Raising Children and Adolescents Who are Prepared to **THRIVE**

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How do we define
success?

Do we have to make a
choice between success,
play, and happiness?

Resilience



The ability to
overcome
adversity



The capacity to
bounce back

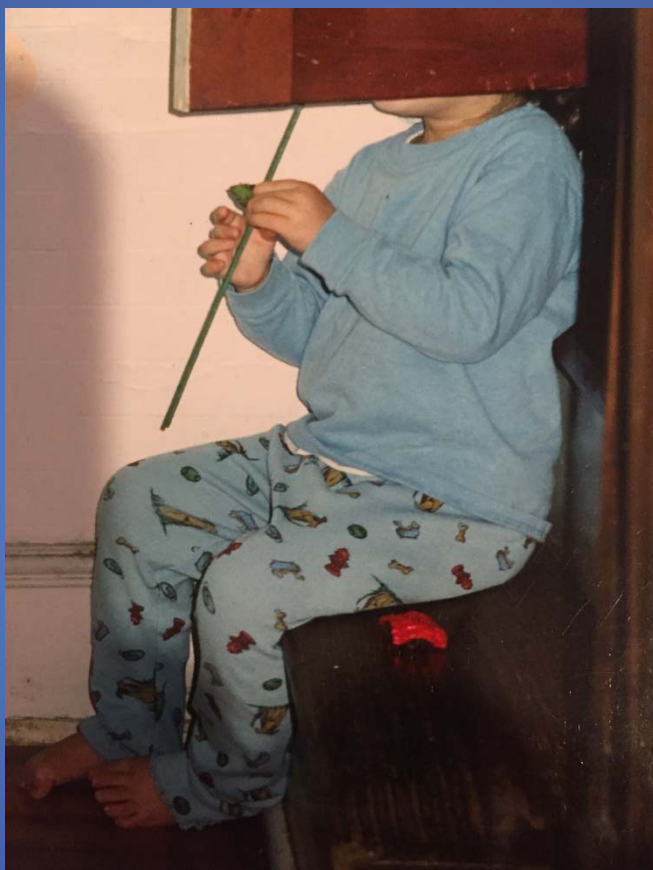
Resilience is a mindset

Resilience is Uneven

Resilience
is
NOT
invulnerability

The bottom line

- Young people will be more resilient if the important adults in their lives believe in them unconditionally and hold them to high expectations
- Young people live up or down to the expectations we set for them



Big Question 1:

**How do we love our children
without conditions, but still hold
them to high expectations?**

Falling in Love to Last a Lifetime: The Most Protective Force in Your Children's Lives



Where do I set the bar?

The 7 C's of Resilience

1. Confidence
2. Competence
3. Connection
4. Character
5. Contribution
6. Coping
7. Control



References: Little, 1993; Pittman et al., 2003; Eccles & Gootman, 2002; Roth & Brooks-Gunn 2003; Lerner, 2004; Ginsburg, 2006; Frankowski, Leader & Duncan, 2009.

Does Play Contribute to Building the C's?

1. Confidence
2. Competence
3. Connection
4. Character
5. Contribution
6. Coping
7. Control



Connection 101

Why might it feel like our
connection will be challenged
during adolescence?

The Eye Roll

Listening

Perfectionism: A Challenge to both Resilience and Success

(And Why an Unrealistic Bar is Harmful)

What is Perfectionism?

And ... why isn't it a good thing?

- Self Loathing
- Fear of the B+
- Fear of the “D” word
- No “out-of-the-box” thought
- The death of creativity
- Resents constructive feedback

Learning how to fail and recover

The Lies You Don't Want to Buy Into



This test will determine your life...



You have to be good at everything...



Just put it off...

Don't say "just try your best"



Victims of a toxic society



What do we praise...or notice?



Desire to spare us

Learning to build a high achiever



Letting young people make mistakes

Praising effort rather than results

Building Spikes – Celebrating Unevenness

**Not all perfectionists are
perfect**

Your Long Term Goal:

Building a Healthy Adult

Your Short Term Goal:

**Having Your Child Love
Learning**

Your Medium Term Goal:

**Having Your Child Find
the Right Academic
Match That Will Foster
Love of Learning**

Big Question 2:

**How do we protect our children
while letting them learn life lessons?**

The Bottom Line:

Preparation is Protection

Hovering sets our children up for self-doubt today, failure tomorrow, and isolation from us far into the future.

Competence and Confidence

Learning Not to Undermine Competence



Talking in a way ALL young people understand



Recognizing the cognitive development of adolescence



No more lectures!!!!!!

Building Competence

Social Skills

Control

How much control?

Balancing Love, Warmth, and Monitoring

Parenting Style



Love, warmth and
responsiveness

Monitoring, rules and
boundaries

Rules



Warmth



↑ Warmth
↓ Rules
Permissive

↑ Rules
↑ Warmth
Balanced

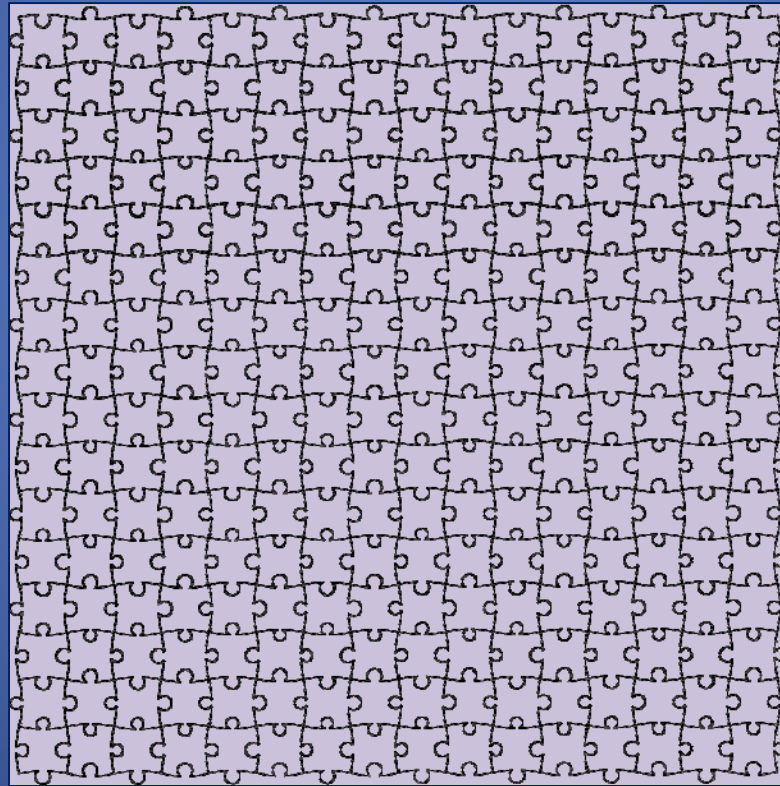
↓ Rules
↓ Warmth
Disengaged

↑ Rules
↓ Warmth
Authoritarian



Effective Monitoring

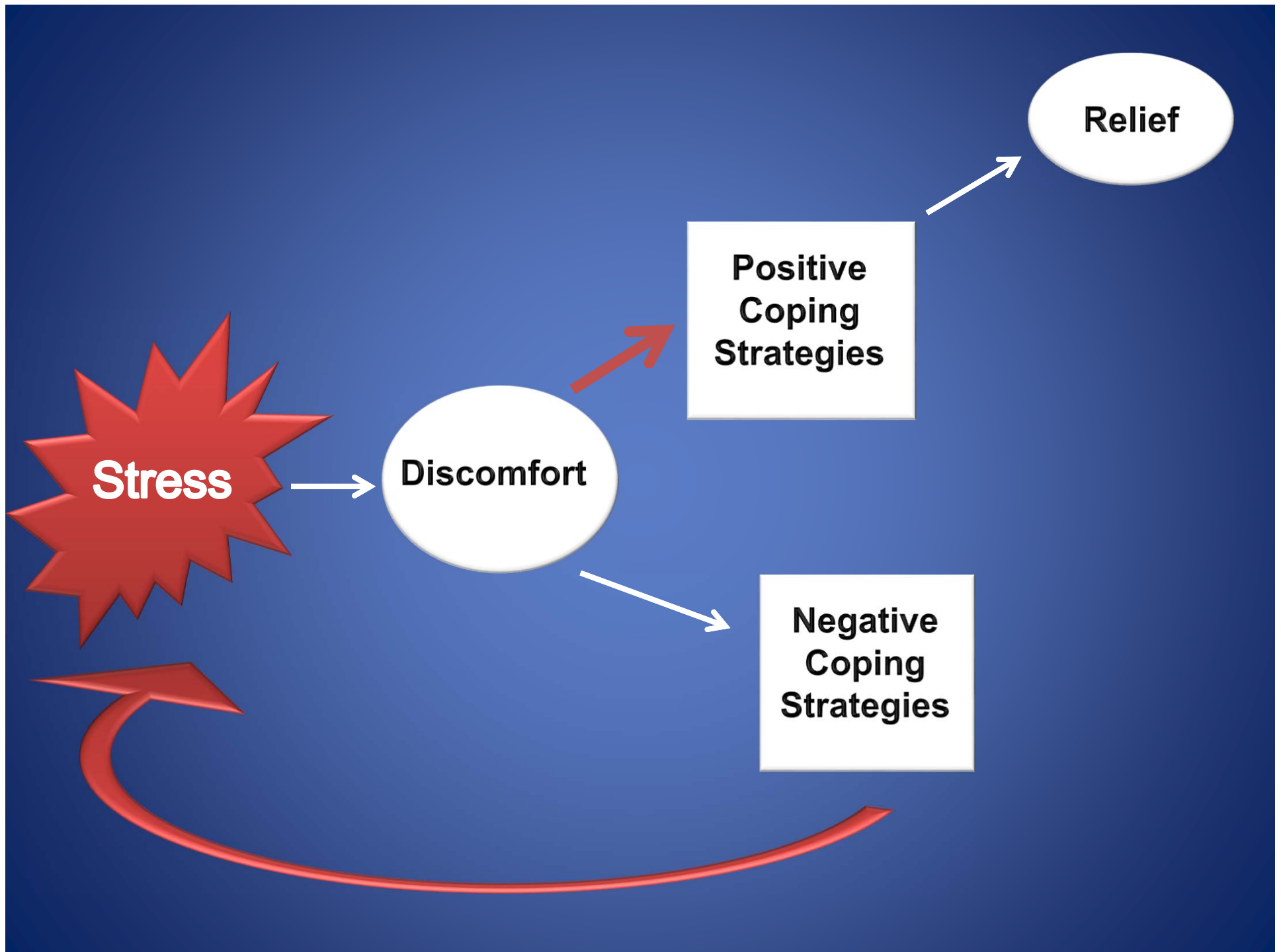
Knowing when to “jump in” and when to allow mistakes and recovery



Stress and Coping

Resilience

- Is about learning to cope, in a positive way with life's inevitable stressors
- We might do our greatest good by raising youth with a wide repertoire of positive coping strategies



Connection is the most important coping strategy

Defining the Stressor

- **Distinguishing Paper Tigers from Real Tigers**
- **Knowing When Bad Things are Temporary**
- **Knowing When Good Things are Permanent**

Coping

Engagement vs. Disengagement

Emotion Focused vs. Problem Focused

A Stress Management Plan for Children and Teens

(It Might Just Work For You)

(Begin ASAP, Even in Kindergarten)

Stress Management: Tackling the Problem



1. Making the problem manageable

2. Active Avoidance

3. Let some things go

Serenity Prayer

Grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference.

Stress Management: Taking Care of my Body



4. Exercise



Fear



Anger

Stress Management: Taking Care of my Body



5. Relaxation



6. Nutrition

Stress Management: Taking Care of my Body

7. Sleep

- Stimulation

- Cool Down

 - Exercise

 - Shower

- Release Emotions

Stress Management: Managing Emotions



8. Instant Vacations



9. Releasing Emotions

The worst thing is not to be **stressed**
... it is to be **NUMB**

Stress Management: Making the World Better



10. Contributing to the world

When Resilience Reaches Its Limits

- Physical symptoms
- Fatigue
- Disinterest
- Dropping grades
- Sad mood
- Irritability/anger
- Substance use

When Your Tolerance Reaches Its Limits



Falling Back in Love

Catching Your Kid Being Good

Holding to the Highest Expectation

Honoring Your Spouse/Partner

**EXPERT
ADVICE**

The image features the words "EXPERT" and "ADVICE" stacked vertically in a bold, white, 3D sans-serif font. The text is set against a light green background and is reflected on a glossy surface below it. The entire scene is framed by a dark blue border.

The Greatest Gift You Can Give Your Child

Fosteringresilience.com

