Gateway to Hope
UNIVERSITY
Training Program of HHCI

Lunch & Learn Webinar: Building Resiliency in Your Child

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Defining Resiliency

- Resiliency refers to **one's ability to bounce back from adversity**. When faced with a difficult life event --- for example, the sudden loss of a loved one --- resilient individuals can successfully cope with or adapt to, the associated stress.

- **Resiliency develops over time** as children are exposed to and successfully navigate stressors.

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Signs of Resiliency

- Supportive relationships with caregivers and peers.
- The ability to make realistic plans and carry them out.
- A positive view of oneself and confidence in strengths and abilities.
- Skills in communication and problem-solving.
- Capacity to manage strong feelings and impulses.
- Assertiveness and a willingness to take initiative.
- Independence in thought and action.

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Factors Influencing Resiliency

- **Biological Factors**
  - ➢ Physical Health
  - ➢ Genetics
  - ➢ Temperament

- **External Factors**
  - ➢ Home Environment
  - ➢ Parenting Style

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Limited problem-solving skills

Unrealistic expectations (their own or other people's)

High sensitivity

Why Do Some Children Struggle With Resilience?

Trauma or life change

Lack of control leading to learned helplessness

Neuro-divergence or other differences

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Foster Supportive Relationships

- **Why It Matters:** Strong bonds with caregivers and peers provide emotional safety and encouragement, which are foundational for resilience.

- **How to Do It:** Set aside regular one-on-one time with your child, model empathy in your interactions, and coach them on navigating peer relationships through role-play and guided conversations.

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Teach Planning and Follow-Through

- **Why It Matters:** The ability to plan ahead and take consistent action helps children gain a sense of control and accomplishment.

- **How to Do It:** Help your child break larger tasks into smaller steps. Use visual aids like checklists or calendars and celebrate their follow-through with praise or small rewards.

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Model Positive Self-Talk

- **Why It Matters:** Children internalize the way we talk about challenges. Positive self-talk helps them see setbacks as learning opportunities rather than roadblocks.

- **How to Do It:** Share examples of positive self-talk with your child. For instance, say, "I'm having trouble with this, but I know I can figure it out if I keep trying," and encourage them to try similar phrases when they feel discouraged.

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Encourage Problem-Solving Skills

- **Why It Matters:** Children who learn how to tackle problems head-on build confidence in their abilities.

- **How to Do It:** Instead of immediately solving a child's problem, encourage them to think of solutions. Ask questions like, "What do you think you could try?" or "What might help you feel better?"

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Develop a "Growth Mindset"

- **Why It Matters:** A growth mindset, the belief that abilities can be developed through effort, makes children more resilient to challenges.

- **How to Do It:** Praise effort rather than results ("You worked so hard on this!") and remind them that skills take time to develop. Talk about times you had to practice getting better at something.

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Build Emotional Awareness

- **Why It Matters:** Understanding their emotions gives children the tools to manage them better.

- **How to Do It:** Help them label emotions ("I see you're feeling frustrated.") and talk about ways to cope, like taking deep breaths, walking away for a moment, or talking it through.

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Cultivate Assertiveness and Initiative

- **Why It Matters:** Being able to express needs and take proactive steps builds self-efficacy and confidence.

- **How to Do It:** Role-play scenarios where your child practices asking for help, expressing opinions respectfully, or taking the lead in tasks. Acknowledge and praise moments when they show initiative, even in small ways.

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Create Opportunities for Independence

- **Why It Matters:** Children who can make choices and experience small risks learn that they're capable of handling what comes their way.

- **How to Do It:** Give age-appropriate responsibilities like helping with chores, making simple decisions (like what to wear or what snack to choose), and encourage them to try new activities.

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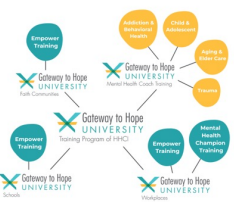
Gateway to Hope University (GTHU)

We offer evidence-based mental and behavioral health training, educational resources, and ongoing support to individuals, faith communities, schools, and workplaces.

We developed GTHU to provide you with the training needed to recognize, refer, relate, and effectively and compassionately respond to those in mental distress.

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Mental Health Coach Training

- Evidence-based training incorporating ongoing research and feedback from GTHU network of Mental Health Coaches.

- Learn essential information, skills, practical scenarios, and actionable steps to compassionately respond to those in mental distress.

- Deepen your knowledge and response skills through our Specialization Trainings:
  - Addiction and Behavioral Health Disorders
  - Child and Adolescent Mental Health
  - Aging and Elder Care
  - Trauma

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Mental Health Coach Benefits

- Personalized Learning Profile
- Access to Mental Health Coach forum to connect with other Mental Health Coaches
- Access to Directory of Community Resources map
- Certification at the end of Mental Health Coach Training
- Mental Health Coach meetings and online events

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GTHU Websites

GatewaytoHopeUniversity.org   **Learn.GTHU.org**

MischerBehavioralHealth.org

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GTHU Resources

- **Unlock the Power of Knowledge with Grace**
  Our goal is to empower you with knowledge and support, ensuring you never feel alone on your journey to better mental health. Learn more at MischerBehavioralHealth.org

- **The Hope Line: Relief. Just a Call Away.**
  Are you going through a tough time? Do you need someone to talk to? Call The Hope Line.

- **Download our Mental Health Gateway App**

Grace, Friendly AI Assistant
Have questions about mental or behavioral health? Talk to Grace.
Our friendly AI assistant can guide you in supporting yourself or a loved one.

Things you can ask Grace:
"Am I depressed? Do I need medication?"
"Is my child an addict?"
"What do I do when my family member lashes out at me?"
And much more!

In case of emergency, please call 911.

HHCI
The Hope Line
(832) 831-7337

Relational Issues | Work Stress | Recent Trauma | Mental Health Resources
Open daily, 5 PM - 8 PM CT
www.hhci.org   In case of emergency, please call 911.

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