



PO LEUNG KUK
ACADEMY
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保良局專業教育書院

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Raising the resilience of children

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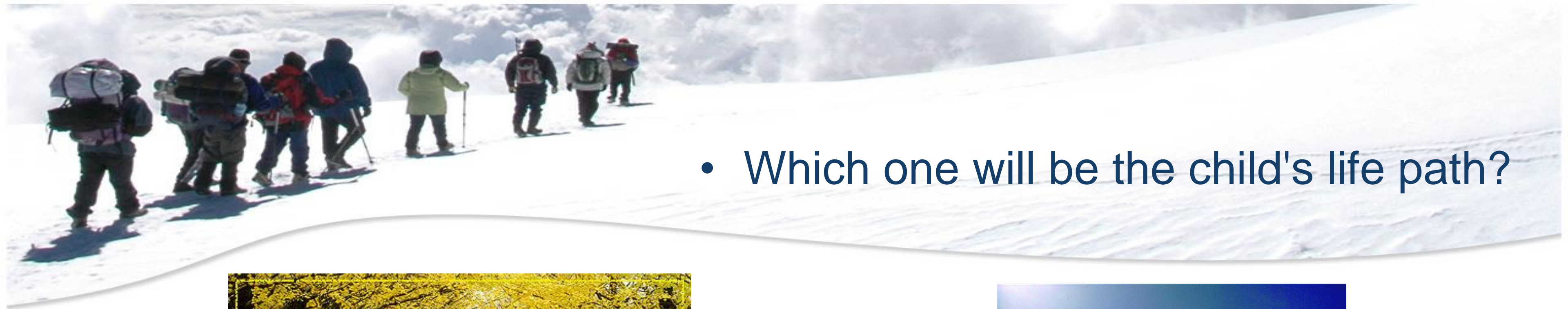
Content

- ***Reflection***
- Definition of Resilience
- Strategies to help building resilience
- Q & A



Reflection

- Have you ever faced adversity in your life?
- Is it a natural disaster?
- Is it a man-made disaster?
- Is it a family problem?
- Is it a health problem?
- Do you remember how it felt? How do you deal with the shock of adversity?

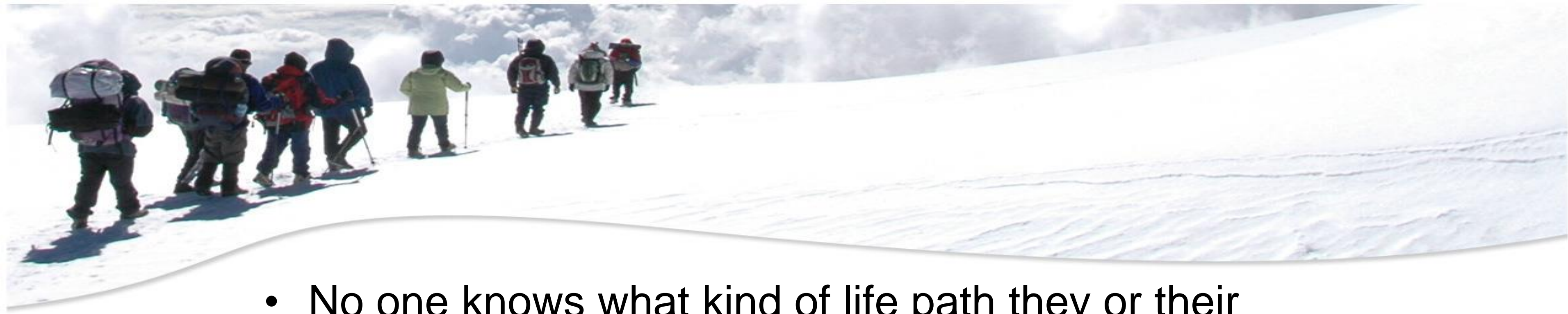


- Which one will be the child's life path?



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photo by sanbu



- No one knows what kind of life path they or their children will take.
- However, we all know that parents want to "arrange" the most ideal and smooth path for their children, so that they can walk steadily step by step.
- However, what we know more clearly is that life is an ups and downs road...



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Adversity

- In fact, since the child was born, he has begun to face different adversities...
- Parents will never be able to pave every road in front of their children. All we can do is to create a favorable environment to help children fully develop their resilience and make them more confident in preventing or overcoming the damage caused by adversity.



Are you a “potential” parent?

How do you feel when your child
accidentally falls on a bicycle?
What are you going to do?



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Heart-breaking? Immediately pick
him/her up?



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In order to prevent the child from falling again, let the bicycle "disappear" in the child's life forever?



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Believe in the child's ability to stand up again? Encourage children to try to overcome difficulties on own?



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Then, appreciate your child's courage and perseverance? Help check the child's wound?



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涵與法 幸福就在身邊

Review the causes and prevention methods of this fall with your child, and encourage your child to take the challenge again?



涵與汝 幸福就在身邊

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Because we believe that children who have faced and overcome difficulties will be able to meet the challenges of life with a "smiling face" in the future!



Content

- Reflection
- ***Definition of Resilience***
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Resilience

- Resilience is the adaptive functioning of human beings in the face of crisis or adversity.



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Higher resilient ability

- Positive self-image and values,
- Self-confidence — take initiative, more courage to try new things, and not easily be frustrated when encountering difficulties.



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Higher resilient ability

- Take an optimistic attitude - regard unfavorable events and difficulties as temporary, and have full confidence in the future.



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Higher resilient ability

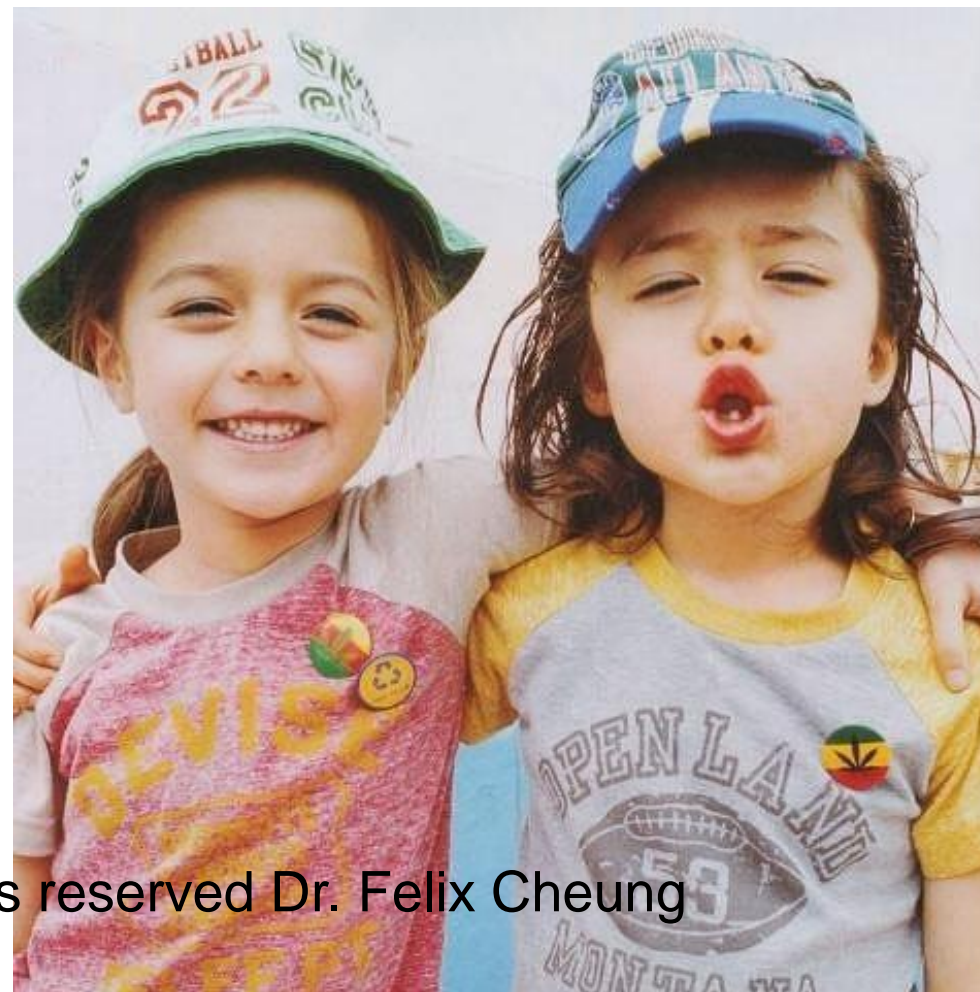
- Good self-function — Emotionally stable, better self-expression, ability to deal with difficulties independently, orderly life with purpose.



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Higher resilient ability

- Good supporting network - maintain harmonious interpersonal relationships and able to feel being love and care of family members.



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How can parents foster resilience in their children?


Parents should help their children develop resilience since early childhood...



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Erikson – Psychosocial Development Theory

Erikson's Stage Theory in its Final Version			
Age	Conflict	Resolution or "Virtue"	Culmination in old age
Infancy (0-1 year)	Basic trust vs. mistrust	Hope	Appreciation of interdependence and relatedness
Early childhood (1-3 years)	Autonomy vs. shame	Will	Acceptance of the cycle of life, from integration to disintegration
Play age (3-6 years)	Initiative vs. guilt	Purpose	Humor; empathy; resilience
School age (6-12 years)	Industry vs. Inferiority	Competence	Humility; acceptance of the course of one's life and unfulfilled hopes
Adolescence (12-19 years)	Identity vs. Confusion	Fidelity	Sense of complexity of life; merging of sensory, logical and aesthetic perception
Early adulthood (20-25 years)	Intimacy vs. Isolation	Love	Sense of the complexity of relationships; value of tenderness and loving freely
Adulthood (26-64 years)	Generativity vs. stagnation	Care	Caritas, caring for others, and agape, empathy and concern
Old age (65-death)	Integrity vs. Despair	Wisdom	Existential identity; a sense of integrity strong enough to withstand physical disintegration

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- Stage 1: Trust vs. Mistrust (Infancy from birth to 18 months)
 - The ability to learn and memory is already apparent within a few weeks of birth. The ability to use symbols and problem solving develops before the age of two. The ability to understand and use language develops rapidly.
 - *Parents should hold and talk to babies more often.*

Stage 2: Autonomy vs. Shame and Doubt (Toddler years from 18 months to three years)

- Forming an attachment to a parent or other person also develops a sense of self. Begin to change from dependence to independence.
- Increased interest in other children.
- *Parents should let their children try to solve problems by themselves.*

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- Stage 3: Initiative vs. Guilt (Preschool years from three to five)
 - They will start to think big and ask questions.
 - Parental encouragement can increase their motivation to explore the world and develop a positive self-image and sense of responsibility.
 - If parents are too nervous and do not allow children to explore or deny their fantasies, it will only increase their sense of guilt and the children's self-image will also be poor.

Stage 4: Industry vs. Inferiority (Middle school years from six to 11)

- Children crave a sense of self-worth in relationships.
- Children are often punished physically for failing to perform as expected academically. If the academic performance fails to meet the parents' expectations, without appreciation and understanding, coupled with corporal punishment, the child will have a negative experience at school and at home. If efforts are not recognized, children will feel inferior to others.



1. Reinforce children's self-image and worth

- Praise and encourage children's good performance to help children build a positive image;
- Provide space and opportunities for children to try to do what they are capable of, so that children can experience success. For example, after letting children help clean up the dinner table, parents can thank for his help;
- Listen to children's ideas and suggestions, encourage children to think, and explore their intelligence and potential.



2. Build an optimistic character

- Make children feel safe: **Provide a harmonious and stable living environment**, such as being taken care of by domestic helpers or relatives and friends. It is also necessary to formulate a set of consistent care methods with caregivers, so as not to keep children in an unstable environment and form distrust and pessimism character.
- Too much learning will increase the child's sense of powerlessness: the child does not have enough coping skills, too much learning and training will only increase difficulties, **children should be allowed to have different choices at different ages**.



2. Build an optimistic character

- Cultivate a positive thinking pattern:
When children feel frustrated, parents can use humorous methods to teach them to choose a happier way to face it, for example: the child plans to go to the park to play football with his father, it rains suddenly, the child complains about the weather, Dad can say, "This rain just happened to water trees in the park. Next time we're in the park, we won't need to water the trees!"



3. Cultivate children's independence

- Cultivating children's self-care ability, developing a regular life, and developing the habit of "doing housework" can increase children's sense of competence, self-control and self-appreciation.
- Parents can also set reasonable goals with the child and guide him to complete it independently, such as helping the child complete his homework within a specified time, setting out the steps for completion, allowing the child to complete a task that they think is difficult, from which gaining a sense of success and competence.



4. Broaden your child's network

- Participate in parent-child and family activities with children, encourage children to make more friends and cooperate with others, and accept people of various personalities;
- At the same time, to cultivate children's diverse interests, the most important thing is that parents should be the role model, participate in group activities and contact with relatives and friends, get along well with others, and treat others with sincerity.



Conslusion

All parents want their children to shine brightly.
However, don't forget: "Life is like a diamond, it
must be pressured and polished before it can
shine brightly."







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