

# Real Kids in an Unreal World

## What is resilience?

Resilience refers to the ability of a person to successfully manage their life, and to successfully adapt to change and stressful events in healthy and constructive ways.

At an international resilience conference in Canada in 2015 the perspective of what resilience is had changed somewhat to it being a capacity to thrive that is determined by the systems and environments that surround an individual or community.

**Essentially our ability to overcome significant adversity can only become a reality when we can access people and resources that can help us.**

*"A universal capacity which allows a person, group or community to prevent, minimize or overcome the damaging effects of adversity."*

— The International Resilience Project, 2005

## Why is resilience so important in today's modern world?

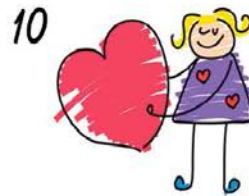
Young people have always needed effective coping skills, however the modern world is more challenging than ever before, and many young people have fewer resources to deal with adversity than in previous generations. Our main concerns today involve the increasing numbers of our young who are depressed, suicidal and engaging in maladaptive coping strategies such as substance abuse and anti-social behaviour.

### Characteristics of resilient people

- Ability to bounce back and recover from almost anything.
- Optimistic and flexible thinking skills.
- Have a, 'where there's a will, there's a way' attitude.
- Tend to see problems as opportunities to learn and grow.
- Ability to hang in there, or persevere and persist.
- Have a healthy, authentic self-esteem.
- Capable of setting clear, realistic and attainable goals.
- Have a healthy social support network.
- Seldom dwell on the past or the future.
- Have well-developed emotional and spiritual competence.
- Learn from previous challenges and mistakes.
- Have a capacity for detachment.
- Have a well-developed sense of humour.
- Have meaningful involvement with others or their community.
- Treat themselves and others with respect.
- Have problem-solving and conflict resolution skills.

# 10 Resilience Building Blocks

for children aged 0 - 12 years



Strengthen the spirit



Absence of stress



Self mastery



Build life skills



Meaningful involvement with positive adults



Clear boundaries



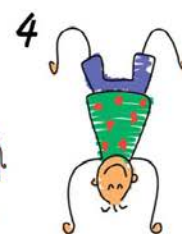
Positive healthy pregnancy



Good nutrition



Safe nurturing care within the circle of family



Plenty of play

## Some Resources on Cyber Safety and Awareness

- OFFICE OF ESafety COMMISSIONER – [www.esafety.gov.au/education-resources/iparent/staying-safe](http://www.esafety.gov.au/education-resources/iparent/staying-safe)
- DR KRISTY GOODWIN, “Raising Your Child in a Digital World” – [drkristygoodwin.com/](http://drkristygoodwin.com/)
- FAMILY ZONE – [www.familyzone.com/au/](http://www.familyzone.com/au/)

## Recovering from adversity

For helping children to cope with death and loss, including Maggie’s blog on ‘When Children Lose Someone They Love’ visit: [maggiedent.com/common-concerns/death-loss/](http://maggiedent.com/common-concerns/death-loss/)

*“Let there be laughter, let there be lingering, let there be love as our little precious beings that we have created, or agreed to care for, walk this amazing journey of life. May they know that they have come here to be themselves, not some version of our reality or of our story of who they should be. Let us gather circles of support that build human connectedness, which truly honour the value of family within communities.”*

— Maggie Dent

# The Parental Pause....

1. Stand still. Ground your feet.
2. Gently bend your knees.
3. Place your right hand on your heart.
4. Take a deep breath.
5. Slowly stand close by or kneel near your child.

Be present & still.

Observe the world through their eyes.

Silently remind yourself:

*“My child/teen is not bad or naughty – they are just struggling to cope. Let me be what they need right now – a safe base.”*





*Dear family,*

Please try **NOT** to:

- 1. Hurt yourself**
- 2. Hurt others**
- 3. Hurt things in the world around us**

[www.maggiedent.com](http://www.maggiedent.com)

## **4 steps** to nurturing *toddler genius*

- 1. Pause and become present.**
- 2. Ask "Did you do that all by yourself?"**
- 3. Explain why you would prefer they didn't make that choice again.**
- 4. Have them clean up the mess.**



[www.maggiedent.com](http://www.maggiedent.com)



### **Maggie's gift to you...**

To help support a sense of calm and resilience in your family, Maggie is gifting you these two creative visualisations. [Click here to download from Maggie's online store for free.](#)

**Maggie Dent**  
quietly improving lives

[www.maggiedent.com](http://www.maggiedent.com)

© Maggie Dent 2020