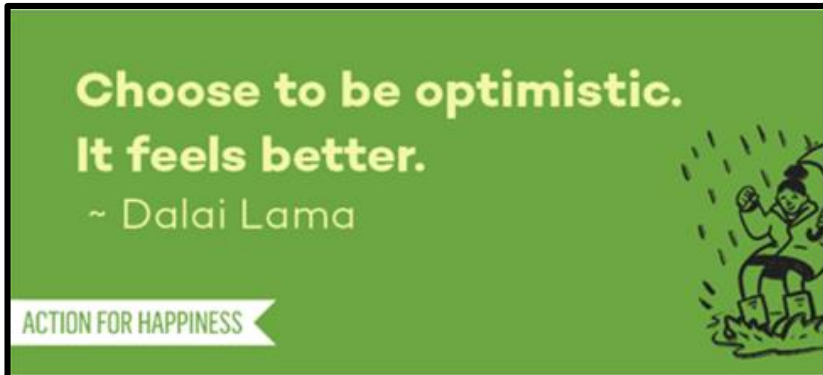


**Peter Norton**  
**Whole School Approach Team**  
**Kent Community Health NHS**  
**Foundation Trust**



ACTION FOR HAPPINESS



**Kent Community Health**  
NHS Foundation Trust

# Resilience Workshop for Parents

**Whole School Approach Team**  
**School Health**  
**KCHFT**

[kentchft.wholeschoolhealth@nhs.net](mailto:kentchft.wholeschoolhealth@nhs.net)





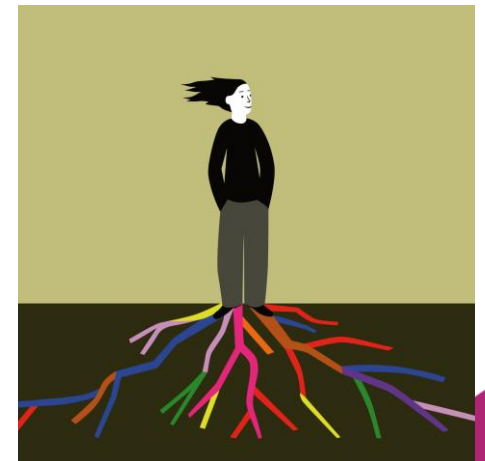
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- **What does it mean?**
- **Why is it important?**
- **What can we do to help?**





# Resilience?





## What is Resilience?

*Resilience isn't about never falling down, it's about getting back up again, in your own time, and being kind to yourself and others to do so.*





# What is Resilience?

**NHS**

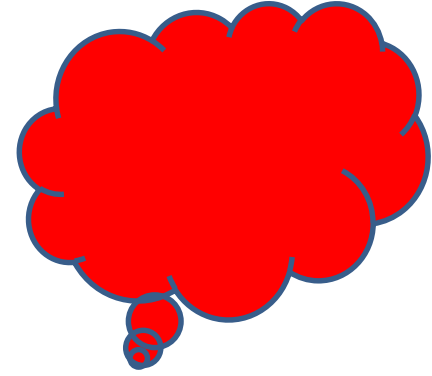
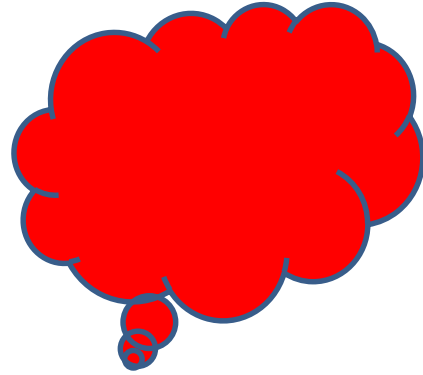
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- Resilience is the ability to **bounce back** after challenges and tough times.
- Resilient children **can recover** from setbacks and get back to living life.
- Resilience develops when children experience challenges and **learn to deal with them positively.**
- **Strong relationships** are the foundation of children's resilience.



**NHS**

**Kent Community Health**  
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- Homework
- Being late for school
- Being left out of a group
- Not being good at sports
- Who will they play with at playtime?
- Friends
- Popularity
- Uniform
- Personal safety
- Parents
- Body image
- Have I got everything I need?
- Bullying
- Teachers
- Lunchtime/meals
- Detentions
- Ability to do school work
- Family conflict
- Gaming/Online time





# What does it look like?

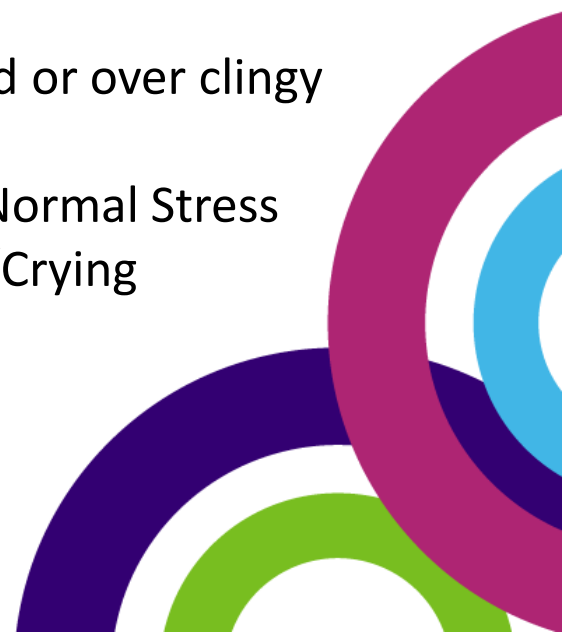
Resilient children are more likely to take healthy risks because they don't fear falling short of expectations. They are **curious, brave, and trusting** of their instincts. They know their limits and they push themselves to step outside of their comfort zones.

## Signs of a resilient child

- Genuine interest in school
- Solves problems effectively
- Assertive and capable of showing initiative
- Empathetic towards others
- Responsible and trustworthy
- Sets and attains goals
- Maintains a sense of purpose and a positive outlook on life
- Can act independently

## Signs of low resilience

- Irritability/Anger
- Persistent illness
- Trouble sleeping
- Becoming isolated or over clingy
- Moodiness
- Overreaction to Normal Stress
- Easily depressed/Crying
- Poor memory



# The Fundamentals:

## Daniel and Wassell (2002)

- Good health
- Friendship
- Investing in talents and interests
- Understanding and controlling emotions and behaviours
- Access to a good education
- Security

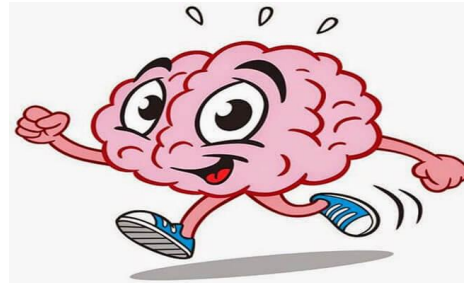


# Good Health

- Health diet



- Keeping active



- Good quality sleep



# Understanding emotions and behaviours





**Positive friendships and relationships**

We all need relationships.  
Someone to share our thoughts  
and feelings with and have fun.



**Find a hobby that is fun,  
relaxing or challenging!**

Hobbies and interest help us to  
have fun, relax, challenge  
ourselves, meet others and learn  
essential life skills like problem  
solving, dealing with others and  
overcoming setbacks.



# Childhood Trauma

<https://www.youtube.com/watch?v=xYBUY1kZpf8>



# ACEs

**Adverse Childhood Experiences** (ACEs) are stressful events occurring in childhood. They have been found to have lifelong impacts on health and behaviour and involve all of us in society.

Frequent exposure to the ACE's can result in young people experiencing **trauma** and **toxic stress**.

When children are exposed to adverse and stressful experiences it can have long-lasting impact on their ability to **think, interact** with others and on their **learning**.



# PACES

## **Protective and Compensatory Experiences (PACES)**

can help children and young people recover healthy from stress and trauma, they can act as a buffer for future ACEs.

PACES can help young people build resilience.





## Direct experiences

- Unconditional love
- Having a close friend
- Helping others/community projects
- Being involved in hobbies – sports, music, drama ...
- Being in good physical health – eating a balanced diet and getting regular exercise
- Feeling accepted in themselves
- Having choice and control in their life

## Physical experiences

- Access to an available trusted adult (not always a parent)
- Access to good education
- Clean and safe living environment
- Being part of a family that gets along (most of the time)



# Reframing thoughts and language

Reframing your thoughts and language as an adult, can help young people to build resilience.

As human beings we tend to focus on the negative.

It can be easy (especially in stressful times) to use language which may have a negative impact on young people.

Reviewing your thoughts and language to be less negative is known as **reframing**.

Positive language and thoughts shows young people we do not blame them when situations challenge us.



# Reframing language

- Acting like a child
  - Won't
  - Lazy and does not try
  - Does not care
  - Refuses to sit still
  - Forgets everything
  - Stop running
  - No hope
  - You'll never learn
- Is a child
  - Needs support
  - Exhausted with trying
  - Cares about other things
  - Is active
  - Has a lot to remember
  - Walk please
  - Has their own interests for the future
  - Learns in their own time



# Building resilience as a parent

## A resilient parent helps to build a resilient child

- Look after yourself
- Role model positive behaviours yourself
- You don't need to pretend to be perfect and mask your feelings – let your emotions happen, talk about them



### Top Tips for healthy eating:

- Avoid sugary drinks
- Drink 'just one more' glass of water
- Try to eat just one more piece of fruit or veg each day
- Let your child pick a healthy recipe and help to cook it
- Try alternative snack ideas to crisps and biscuits
- 'Eat the rainbow' A-Z fruit and veg!

### Top Tips for Sleep:

- Try going to bed just half an hour earlier
- Turning off phones half an hour before bed
- Having a shower or bath before bed
- Avoiding sugar in the evenings
- Listening to calming music
- Trying to keep a regular bedtime routine (even at the weekend)

### Top Tips for Parents:

- Take a breath
- Let emotions happen
- Take time to explore your feelings
- Get some distance
- Be kind to yourself

### Top Tips for hobbies and interests:

- Show interest in their hobbies
- Encourage them to try something new
- Encourage them to learn something
- Encourage them to join a club or group
- Activities as a family

### Top Tips for Friendships:

- Find some space for your child and their friends inside and outside the house.
- Encourage a range of friends
- Speak about arguments and disagreements.

# Useful websites

[www.kentresiliencehub.org.uk](http://www.kentresiliencehub.org.uk)

- Draw your own solutions
- Parent videos

[www.inourplace.co.uk](http://www.inourplace.co.uk)

Sign up for the free 'Understanding your child' courses

They are available in 15 to 20-minute chunks for parents at every stage from pregnancy to teenage years plus a course to help you understand your child's mental health and wellbeing.

To access your free course go to and register for a free account with the access code **'Invicta'**.



# Summary

**What do we mean by Resilience?**

**What can we do to support resilience?**

**What are ACEs?**

**What are PACEs?**

**What do we mean by reframing your thoughts?**

**How can we help ourselves?**

**What can we do for others?**





Compassionate



Aspirational



Responsive



Excellent

 In everything we do, **we care** 