

Raising Resilient Children

What: A presentation for parents, caregivers, staff members and children that demonstrate principles of living to encourage a healthy, resilient and meaningful life. This presentation is of interest to promote a solid foundation of healthy living and prepare children for the inevitable challenges and struggles they will face in their futures.

How: It focuses on developing personal resiliency in our children as the survival strategy for the 21st century.

Why: Too often parents buffer their children from the reasonable and natural consequences of their own actions. Parents that overprotect or rescue their children rob them of the opportunity to develop a track record of success in dealing with the pitfalls of life. This often leaves a child without the self-worth and problem-solving skills necessary to function in society. This presentation encourages children to respond to life by choice rather than react to life by chance.

Examples:

- Overcome Failure
- Deal with Disappointment
- Cultivate a Healthy Self Image
- Delay Gratification
- Contribute to Others
- Deal with Struggles of Life
- Become Assertive rather than Aggressive
- Examine their Choices



About Sherry Campbell

Sherry Campbell M.A. RSW®RP

As an experienced workshop presenter and conference speaker, Sherry Campbell has offered dynamic workshops for organizations such as; Canada Revenue Agency, the Greenwood Group, Niagara Regional Police, Casino Niagara as well as multiple District School Boards across Ontario to name a few. She has become well known and recommended for her ability to provide Resiliency Training in the Workplace, Personal Resiliency in Challenging Times, Raising Resilient Children & Mental Health Education and Training.

Sherry earned her Master's Degree in Life Span Developmental Psychology and she is a Registered Social Worker. She has extensive training and experience in trauma, marital, individual, group counselling as well as personal growth. Sherry has continued her education through over 27 years of clinical experience.

She is the principal counsellor and owner of Sherry Campbell Group offering personal, couples and family counselling services throughout the Niagara Region.

The group has expanded to answer the call of corporate mental wellness with a full range of counselling, coaching, workshops and retreats for both employees and executives.

For more information visit
www.sherrycampbellgroup.com

For every problem there is a solution!

PLEASE JOIN US:

Thursday, February 27th

**St. Thomas Aquinas C.S.S.
124 Dorval Dr. Oakville**

7:00 p.m. – 9:00 p.m.

Principles of Resilient Parenting

- ✓ Prepare the child for the path and not the path for the child.
- ✓ Teach children the difference between explanations and excuses.
- ✓ Discourage self-indulgence and promote self-reliance.
- ✓ Teach your children that if they don't deal with life, life will deal with them.
- ✓ Teach your children that stewardship is a greater responsibility than ownership.
- ✓ Teach your children that life is less chance and more choice.
- ✓ Help your children to become adequate and capable rather than fearful and victimized.

Tools of Living

If we want our children to have a positive outlook on life we need to teach them to:

- ✓ Overcome failure
- ✓ Deal with disappointment
- ✓ Cultivate a healthy self-image
- ✓ Delay gratification
- ✓ Contribute to others
- ✓ Deal with struggle of life
- ✓ Become assertive rather than aggressive
- ✓ Examine their choices
- ✓ Think and problem solve
- ✓ Learn from their actions
- ✓ Live life with gratitude
- ✓ Have compassion for all living creatures

Principles of Encouraging Resiliency in Children

- ✓ Model the way
- ✓ Refuse to over rescue
- ✓ Focus on choice not chance
- ✓ Seize reachable and teachable moments
- ✓ Challenge the victim mentality
- ✓ Teach your children how to struggle
- ✓ Understand, Encourage, and Recognize



“The most powerful message you can give to a child to encourage success in life is ***you can deal with life!***”

Principles of Resilient Parenting

- ✓ Use the language, thoughts and attitudes of resilience (remember language creates reality).
- ✓ Focus on what can we do to make this better? What lesson did you learn? Next time, how will it be different?
- ✓ Focus on the behaviour and not the child (are/do).
- ✓ Be optimistic and encouraging (You can do this. Give it your best. Give it a try).
- ✓ Model resilient behaviour (audio in sync with your video)
- ✓ Remain stable in changing moments. (Don't let your behaviour match-losing it).
- ✓ Establish rituals (Reading, meals, gratitude, nature, family reflection time).
- ✓ Expect responsibility (incorporate it as a family value).
- ✓ BE consistent (use the above in a stable manner-put out a credible message.)