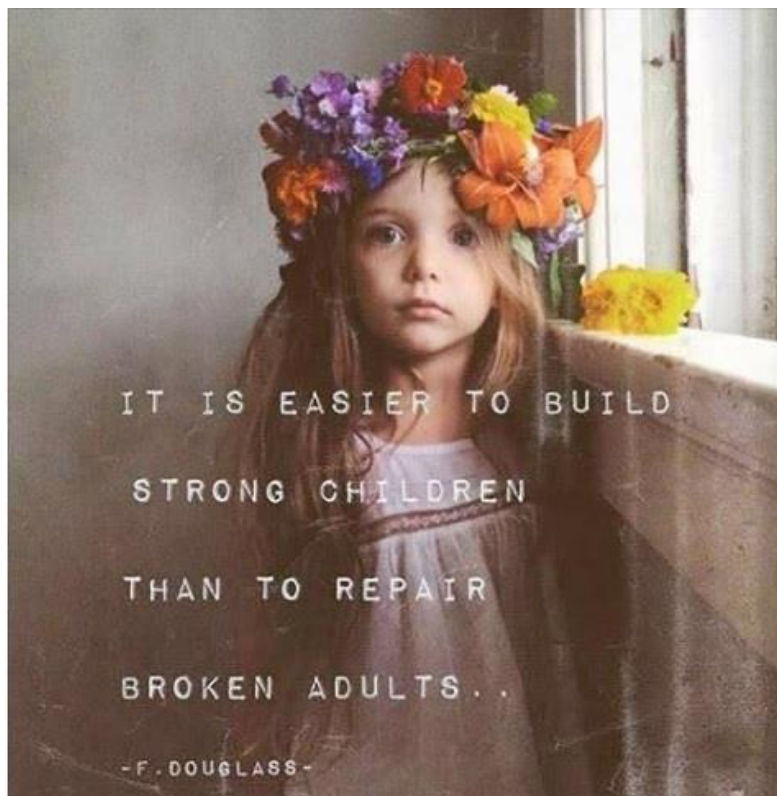




# **Parent Handout** **The Resilient Girl Workshop**



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**Beyond Blue Model for building resilience in your child:**  
<https://healthyfamilies.beyondblue.org.au/healthy-homes/building-resilience>

**Strategy 1:**  
**Build, strengthen and promote supportive relationships**



**It is important to remember to:**

- Spend quality time with your child
- Support your child to build relationships with other adults
- Help your child develop social skills and friendships with peers
- Help your child to develop empathy.

**Spend quality time with your child:**

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**Support your child to build relationships with other adults:**

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**Help your child develop social skills and friendships with peers:**

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**Help your child to develop empathy:**

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**Strategy 2:**  
**Focus on autonomy and responsibility**  
 (Build Independence)

**Some examples of how you might do this:**

- Build your child's independence
- Talk to your child about problem solving
- Allow your child to make decisions
- Provide opportunities for free play
- Being bored is not necessarily bad
- Be a role model for your child

**Build your child's independence**

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**Talk to your child about problem solving**

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**Allow your child to make decisions**

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**Provide opportunities for free play**

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**Being bored is not necessarily bad**

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**Be a role model for your child**

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**Strategy 3:**  
**Focus on Managing Emotions**

**Some examples of how you might do this:**

- Use open-ended questions with your child
- Encourage your child to talk about feelings
- Acknowledge when your child is distressed
- Help your child regulate emotions
- Talk to your child about preparing for events
- Help your child to realise that difficult times are a part of life

**Use open-ended questions with your child**

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**Encourage your child to talk about feelings**

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**Acknowledge when your child is distressed**

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**Help your child regulate emotions**

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**Talk to your child about preparing for events**

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**Strategy 4:**  
**Create opportunities for personal challenge**

**Some examples of how you might do this:**

- Teach your children to have a go
- Allow your child to experience every day adversity
- Encourage your child to do free play
- Encourage your child to build independence
- Talk to your child about self talk
- Help your child deal with difficult situations
- Explore the benefits of community organisations

**Teach your child to ‘have a go’**

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**Allow your child to experience everyday adversity**

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**Encourage your child to do free play**

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**Encourage your child to build independence**

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**Talk to your child about self-talk**

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**Help your child deal with difficult situations**

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**Explore the benefits of community-based organisations**

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## Links to interesting videos on the subject:

### Positive Psychology:

What is positive psychology: <https://www.youtube.com/watch?v=1qJvS8v0TTI>

With Dr. Martin Seligman:

<https://www.bing.com/videos/search?q=martin+seligman+youtube&view=detail&mid=DD4A6013C0475C33A2C5DD4A6013C0475C33A2C5&FORM=VIRE>

### Resilience:

How to Develop Resilience: 5 Steps to Develop Resilience.

<https://www.youtube.com/watch?v=ahdbmWNXAhY&app=desktop>

SchoolAtoZ: Build your Child's Resilience

<https://www.youtube.com/watch?v=ote4O3XTZUU>

Phil Hanson – Embrace the Shake. What it means to be different:

<https://www.bing.com/videos/search?q=embrace+the+shake&view=detail&mid=94C30647003A7EE5579B94C30647003A7EE5579B&FORM=VIRE>

What is Resilience: Dr. Andrew Fuller: <https://www.youtube.com/watch?v=EWLqtErLPPA&app=desktop>

### Growth Mindset:

[https://www.youtube.com/watch?v=-\\_oqghnxBmY&t=22s](https://www.youtube.com/watch?v=-_oqghnxBmY&t=22s) (Tortoise and Hare Parable/ I can't do it yet.)

## Parent Tips for Increasing Wellbeing:

- Three Good Things Exercise (what went well)
- Gratitude diary and gratitude exercises
- Strengths knowledge, use and spotting
- Develop/model positive problem solving strategies
- Practice intelligent neglect, make mistakes and deal with consequences
- Mindfulness practice
- Nurture relationships/acts of kindness
- Cultivate optimism/avoid rumination & social comparison

## Websites:

[www.raisingchildren.net.au](http://www.raisingchildren.net.au)

[www.kidsmatter.com.au](http://www.kidsmatter.com.au)

[www.healthyfamilies.beyondblue.org.au](http://www.healthyfamilies.beyondblue.org.au)

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

[www.positivetimes.com.au](http://www.positivetimes.com.au)

[www.safeschoolshub.edu](http://www.safeschoolshub.edu)

[www.positivepsychologyinstitute.com.au](http://www.positivepsychologyinstitute.com.au)

[www.thehappinessinstitute.com.au](http://www.thehappinessinstitute.com.au)

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

[www.schoolatoz.nsw.edu.au/wellbeing](http://www.schoolatoz.nsw.edu.au/wellbeing)