

# PROMOTING RESILIENCY IN YOUNG CHILDREN

Salma Bhalla, Ph.D.

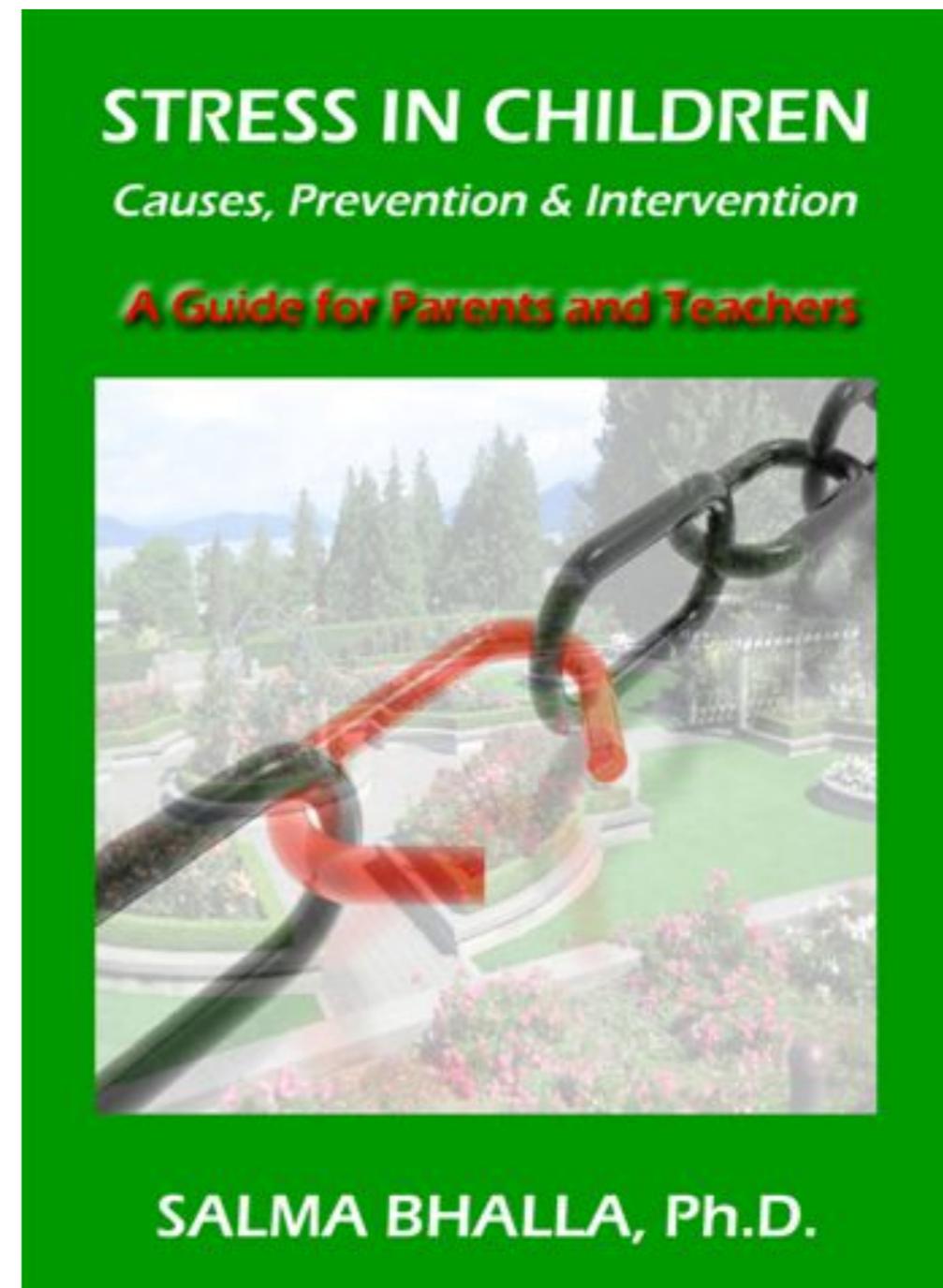
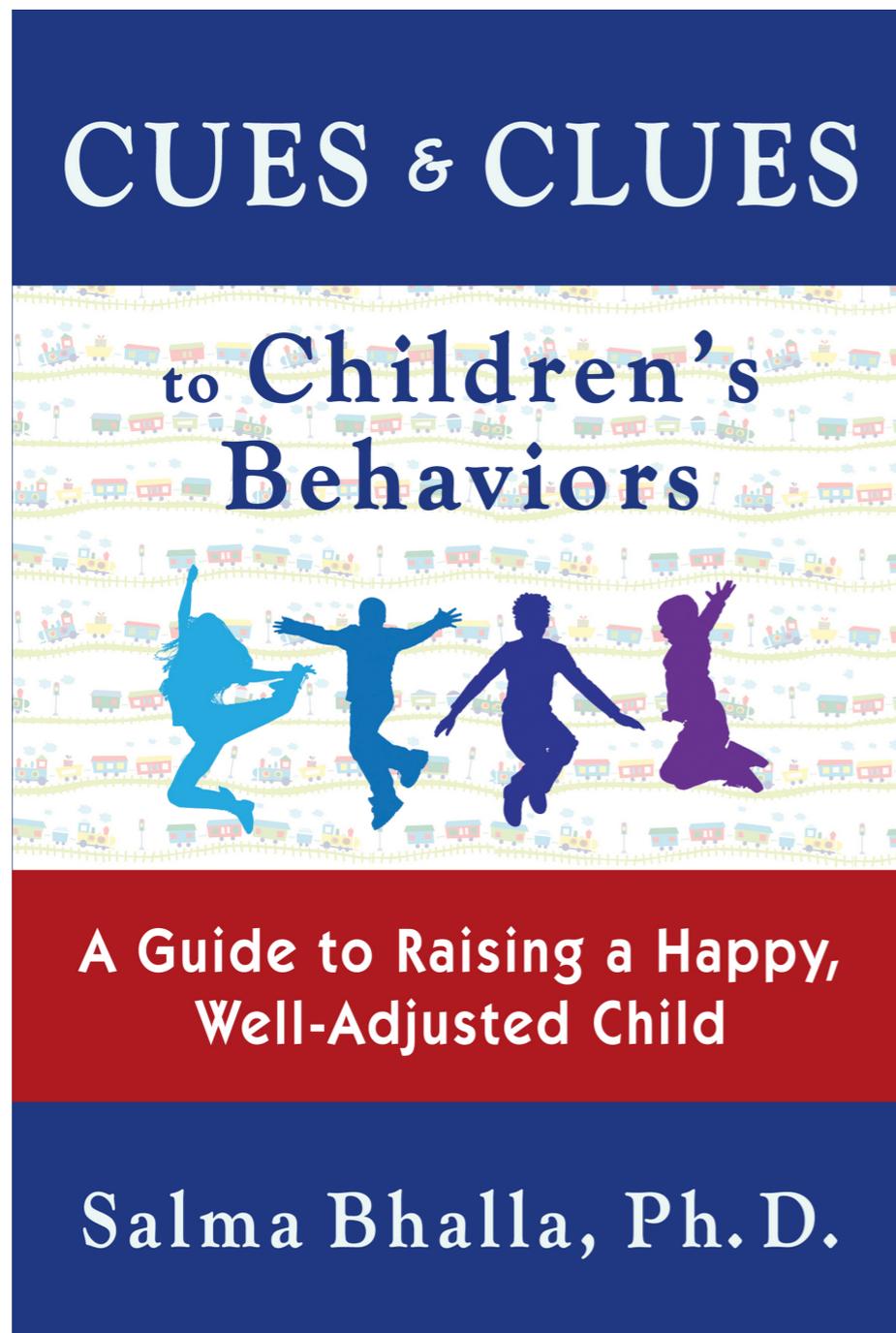
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**Dr. Salma Bhalla** is a Clinical Child Psychologist with over 30 years of clinical experience. She believes in prevention and early intervention of problems. To this end she does presentations on children's emotional health and development. She can be contacted via her website [www.childbehaviorcues.com](http://www.childbehaviorcues.com)



# AGENDA

**Definition of resiliency**

**Risk factors and hinderances**

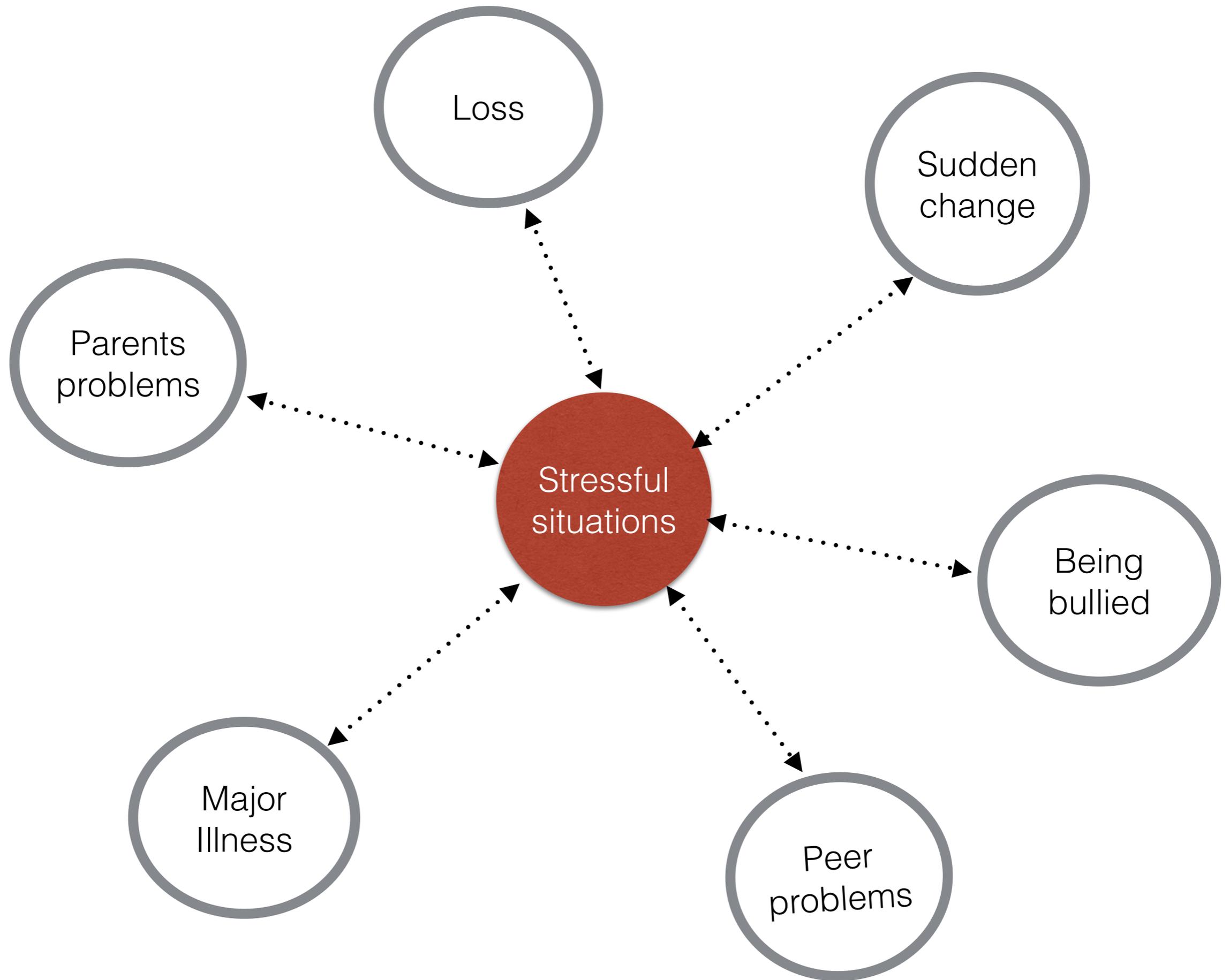
**Qualities of a resilient child**

**Promoting resiliency - Skills and Strategies**

# What is Resiliency?

## Resiliency is the ability

- to bounce back from setbacks and stressful situations before problems occur
- to overcome challenges, react positively and age appropriately when things happen
- "to adapt well to adversity, trauma, tragedy, threats, or even significant sources of stress" (APA 2011)



# Risk Factors - External Environment

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# Risk Factors - External Family

**Conflict**

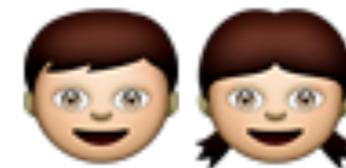
**Divorce**

**Mental Illness**

**Substance Abuse**

**Poverty**

**Trauma**



# **Risk Factors - External Peers**

**Ignored**  
**Discriminated**  
**Bullied**

# **Risk Factors - Internal Inherent**

**Health Problems**

**Difficult**

**Temperament**

**Developmental**

**Problems**

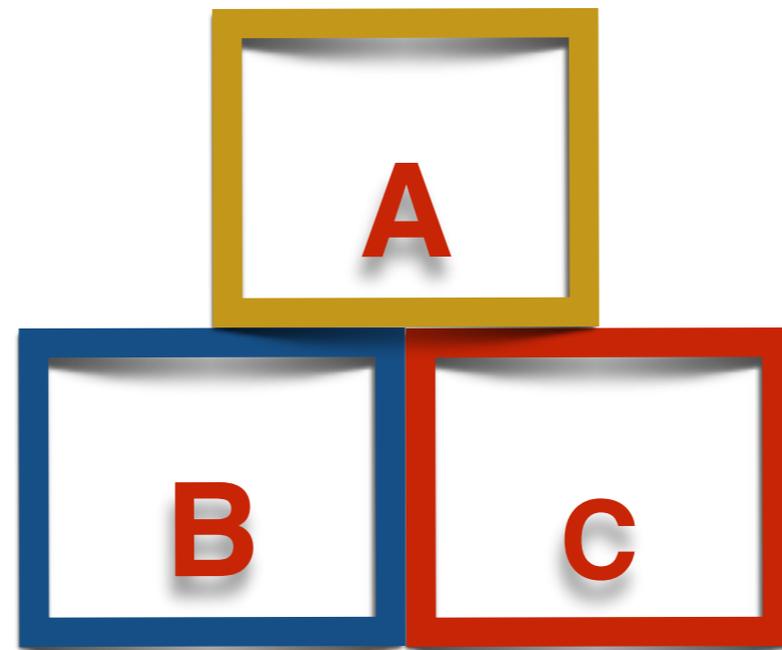
# **Risk Factors - Internal Learned**

**Unrealistic  
Expectations**

**Low Self-Esteem**

**Poor Coping  
Skills**

# Qualities of a Resilient Child



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# Qualities of a Resilient Child

**Adapts**

**Achieves**

**Aware**

# **Qualities of a Resilient Child**

**Belongs**

**Believes**

**Bounces Forward**

# **Qualities of a Resilient Child**

**Confident**

**Competent**

**Communicative**

**Control (Inner)**

# **Promoting Resiliency - I**

## **Build Confidence**

**Focus On Strengths**

**Acknowledge Achievement**

**Set Realistic Expectations**

# **Promoting Resiliency - II**

## **Build Confidence**

**Provide Opportunities**

**Avoid Comparisons**

**Increase Self-Esteem**

# **Promoting Resiliency - III**

## **Teach Coping Skills**

**Problem Solving**

**Decision Making**

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# **Promoting Resiliency - IV**

## **Teach Coping Skills**

**Stress Management**

**Anger Management**

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# **Promoting Resiliency - V**

## **Teach Coping Skills**

**Social Interaction**

**Communication**

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# Promoting Resiliency - VI

## Provide Support and Connection

Verbalize Feelings

Listen With Interest

# **Promoting Resiliency - VII**

## **Provide Support and Connection**

**Be A Good Role Model**

**Practice What You Preach**

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