



# Back to School: How To Promote Resilience and Set Your Kids Up For Success

September 14, 2021

Dr. Angela Low, PhD

Welcome! We will begin the webinar shortly.  
Please note that your microphones have been muted automatically.

# Kelty Mental Health Resource Centre

We help families across the province by:

- Helping with understanding and navigating the mental health system
- Listening and offering peer support, and
- Connecting families to resources and tools.



# Housekeeping



- Attendees are automatically muted and cameras are turned off.
- Please submit questions for the speakers through the “Q&A” function. There has been an option enabled where you can vote for questions that you want answered.
- Please submit technical questions or comments through the “Chat” function
- At the end of the webinar, a survey will pop up that we invite you to complete
- A PDF of the slides is currently available at <https://keltymentalhealth.ca/back-to-school-recording>
- The webinar is being recorded and will be made available at the same link
- This information applies to the context in British Columbia. If you are in another jurisdiction please consult local health and school authorities for further information.



## Speaker



Dr. Angela Low, PhD

UBC Postdoctoral Fellow and Researcher  
Child Health BC



## Emotional Intelligence

*Emotions are at the heart of everything we do, and it is important to recognize, understand and managing them in self and others.*

## Child development

*Children have capabilities (and needs) that are specific to their stage of development.*

## Emotional Resilience in families

*Intentional learning of skills and cultivation of assets proven to bring well-being in parenthood*

**My  
Background**





# Today's webinar

- Resilience and why it matters for heading back to school
- Protective factors
- Strategies to promote resilience

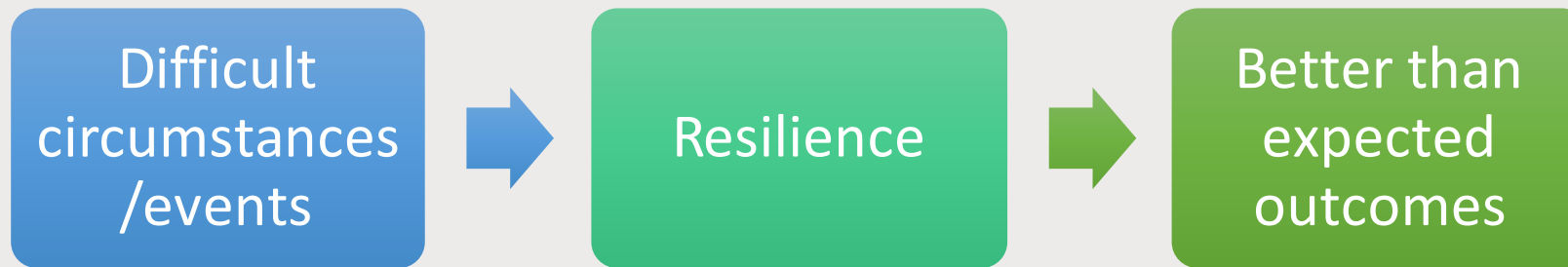


Getting here,  
settling in,  
becoming present.

## Resilience is ...

the ability to achieve positive outcomes (mentally, emotionally, and socially) despite adversity

the capacity to recover and bounce back from difficulties





## **Risk Factors**

Adverse circumstances  
Challenging events

## **Protective Factors**



# Protective factors

## External factors



Supportive Relationships  
Community and connection

## Internal factors



Social and Emotional skills  
Sense of mastery



## Helping kids grow resilience with 'ordinary magic'

- Strengthen relationships with love and connection
- Make space for emotions
- Promote a sense of mastery & resilience



*Image by Muneer Ahmed OK on unsplash*

*“Every child needs at least one adult who is  
irrationally crazy about them” - Urie Bronfenbrenner*



*Image by Dirv Adler on unsplash*

**Strengthen relationships with love and connection**



# Strengthening connections and a feeling of security

(all the way to  
school and back!)

**Fill** the relationship  
bucket

“Connect before  
you direct”

Encourage  
**connection** with  
school-based adults

**Assure** that school  
is a safe place

**Schedule** after-  
school activity

**Debrief** the day





angry



bored



confident



confused



disappointed



guilty



happy



hurt



interested



jealous



nervous



s



Make space for  
feelings

# Making space for emotions, and building emotional skills



NOTICE  
FEELINGS



ASK OPEN  
QUESTIONS



PRACTICE ACTIVE  
LISTENING



LABEL FEELINGS



VALIDATE THEIR  
EXPERIENCES



## ASK OPEN QUESTIONS

*“What do you think about...”*

*“I noticed/I heard you say.... Can you tell me more?”*



Be curious.

Keep an open mind.



## PRACTICE ACTIVE LISTENING

*Listen fully.*

*Repeat, Rephrase. “It sounds like... is that right?”*



## LABEL

*"I wonder if you are feeling a little...."*

*"It sounds to me you might be feeling..."*

***Name it to tame it!***



## VALIDATE

*"Of course, you would feel a little worried."*

*"If it was me, I would feel nervous too."*

# Making space for emotions, and building emotional skills



NOTICE  
FEELINGS



ASK OPEN  
QUESTIONS



PRACTICE ACTIVE  
LISTENING



LABEL FEELINGS



VALIDATE THEIR  
EXPERIENCES





Promote a sense  
of mastery

“I got this.”



# Strengthening a sense of Mastery



Role play or practice **situations that worry them**



**Provide** coping strategy



**Normalize** mistakes and worries



**Slow down** and **Warm up**



**Empower** by taking (small) actions





**Recognize and celebrate resilience**

*Image by Ben Wicks on unsplash*



What's the most important factor in promoting their resilience?

*Your own emotional well-being*



**My alone  
time is for  
everyone's  
safety.**



pishposh  
BABY





# Looking after our own well-being

---

- Take time to do something you enjoy
- Take care of your soft animal body
- Give yourselves space to feel
- Cultivate self-compassion
- You do you, let them do them

*“I AM NOT AFRAID OF STORMS,  
FOR I AM LEARNING HOW TO SAIL MY SHIP.”*

Louisa May Alcott





Resilience is necessary for lasting well-being in an ever-changing world.

It helps you get through the worst day of your life ...  
and thrive every day of your life.

- Rick Hanson



# Resources

## **Resources for parents on mental health and promoting social and emotional skills**

- [kelymentalhealth.ca](http://kelymentalhealth.ca)
- [www.heartmindonline.org](http://www.heartmindonline.org)
- <https://confidentparentsconfidentkids.org/>

## **Resilience information:**

<https://www.apa.org/topics/resilience/guide-parents-teachers>

## **Understanding emotions**

- [www.feelingsfirst.ca](http://www.feelingsfirst.ca) (younger kids)
- [www.atlasofemotions.org](http://www.atlasofemotions.org) (older kids and adults)

## **Self-compassion**

[www.self-compassion.org](http://www.self-compassion.org)





Questions

Aha!s

Thoughts

Submit via Zoom  
Q&A feature

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

Twitter: [angelasy.low](https://twitter.com/angelasy.low)





*Thank-you for joining.*

Contact the Kelty Mental Health Resource Centre:

e-mail: [keltycentre@cw.bc.ca](mailto:keltycentre@cw.bc.ca)

phone (toll-free): 1-800-665-1822