**Building Resilience in your Children**

*Presentation by Gary Banks on Tuesday 25th November 2015*

We had a wonderful turnout to the ‘Building Resilience in Your Children’ session which was provided to us by the Surf Coast Shire and facilitated by Gary Banks.

Gary spoke through a number of different scenarios involving children and how to deal with different behaviours. We have had a number of parents express interest in finding out more about the night or having a copy of the power point. In some ways this is difficult due to the fact that a lot of the night was discussion and information that is beneficial to be heard first hand. **If there is enough interest we may look at holding a similar session at the start of 2016.**

There are a number of main points from the night that I have taken from Gary’s power point and put below and Gary also recommended two parenting books and a DVD (pictures provided below).

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**INFORMATION FROM GARY BANKS’ SLIDESHOW PRESENTATION-**

“Resilience is the happy knack of being able to bungee jump through the pitfalls of life. Even when hardship and adversity arise, it is as if the person has an elasticized rope around their middle that helps them rebound when things get low and to maintain their sense of who they are as a person.” (A Fuller 1998)

**Skills we want to develop in children.**

- How to communicate and get on with others
- How to manage feelings
- How to be independent
- How to solve problems

**Recent Societal Changes** - There has been a dramatic decline in “free play” in young children

**Guiding Principle**

To assist in changing the behaviour of others we first need to change our own behaviour – how we react, how we feel and what we do.

If what you are doing is not working.....i.e.changing the behaviour...developing new skills...increasing confidence and independence......and resilience.... STOP DOING IT!! ...as you are probably making the problem worse!!

**ACT – DON’T REACT**

or

**ACT – DON’T YAK**

The most Important thing you can do to raise emotionally healthy, emotionally literate and RESILIENT children is to.........

**PARENT THEM!!!!!!**

(You are NOT their friend!!)

If you want to decrease their resilience:

- Spend lots of time ‘talking’ with them about their problems and your concerns.
- Solve problems for them.
- Show them that you ‘fear’ for their future.
- Excuse their obnoxious and poor behaviour with no follow up of consequences.
- React emotionally to their anxieties, anger, frustrations and problems.

**Choice**

Discipline and consequences should always be presented to the child as something they are in control of and that they choose.

**Carry Through**

Absolutely always carry through

If you ‘bubble wrap’ your children they won’t build an ‘immunity’ or ‘resistance’ to problems and misfortune.