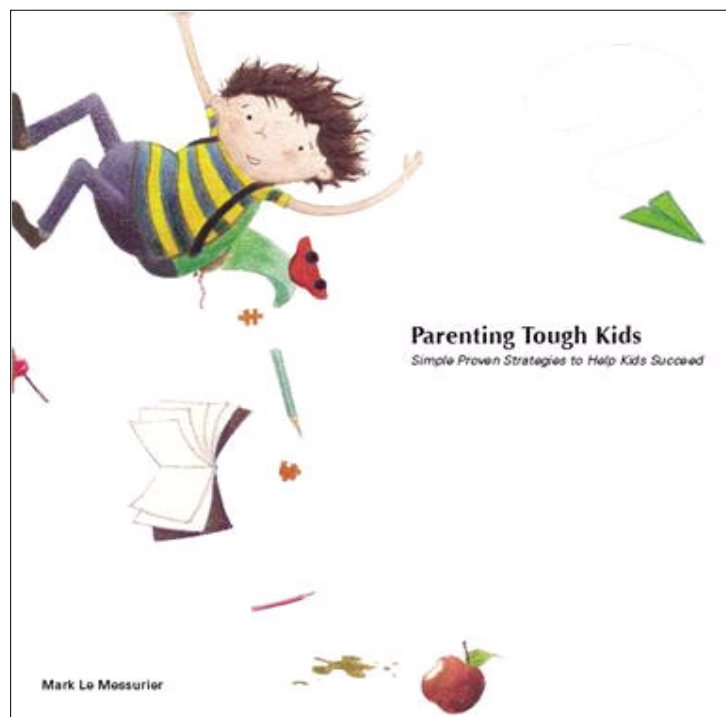


# Setting Children up for **SUCCESS** series

## **HANDOUT:** WORKSHOP 8, IDEAS TO BUILD YOUR CHILD'S EMOTIONAL RESILIENCE

Raising our children's emotional resilience doesn't lie in us doing it for them or months of psychotherapy. The best we can do is to persevere with sensible approaches to help our children make connections between what they feel, what they want and what might be best to do. Take the challenge; explore what you can realistically do for your children at home.

This presentation is based on chapter 7 from Mark Le Messurier's latest book – **Parenting Tough Kids: Simple Proven Strategies for Success**



At the heart of Mark's internationally popular book – now sold in 5 countries – is a healthy collection of winning ways to bring about helpful organisational and behavioural changes for all children, especially those who 'do it tough'; who learn differently, react differently and think they can't.

Filled with easy to read case studies, and real ideas useful to every mum and dad this refreshing approach keeps the focus on building improved structures and relationships, rather than becoming stuck and seeing a son or a daughter as 'the problem child'.

Every mother and father needs to know how to steer their child towards effective ways to:

- improve memory and organisation
- deal with anger
- build better before school and after school routines
- get homework and chores done more easily
- keep to a bedtime, stay in bed and get to sleep
- create friendships and deal with school bullies
- build their emotional resilience

Parenting Tough Kids delivers simple proven strategies to improve the behaviour, organisation, learning, friendship & emotion of all children.

### **Ideas to build your child's emotional resilience, overview**

Here are 10 core ideas to help your child learn to deal with their feelings. In the process you will help increase their emotional resiliency.

- Modelling 'SELF TALK'
- Put feelings into words
- Are you a good listener? There is an art!
- Different feelings, different values
- The danger of gifts as cheer ups!
- Sensitive feelings are beautiful
- Crystal ball gaze the future
- How to best handle the after school 'emotional dump'
- Dealing with children's worries
- Being consistent and avoiding damaging self-fulfilling prophecies
- Doing for themselves, and for others, a lot more

Raising our children's emotional resilience doesn't lie in us doing it for them, fixing it for them, a 'new-age' cure and nor does it lie in months of psycho-therapy.

The best we can do is to persevere with practical approaches that help them to make connections between what is being felt, what is wanted and what might be best to solve the problem or achieve the goal. Eventually, most of us find the balance, and see that our children need to engage with the world, experience problems, feel discomfort, find solutions and experience the good and not so good outcomes in order to develop a robust set of emotional resources. We don't have to have all the answers because the harder we work at finding them for our children, the more we're limiting our children's independent emergence into the world.

Finally, never under estimate the power of a healthy and loving family. You and I both know there's no such thing as perfect parents, perfect children or perfect families. Even in the most limiting circumstance, parents who love and value the relationship they have with their children make the most difference.

## **About Mark**

Mark is a teacher, author and conference presenter. He regularly presents at workshops and conferences for public and independent schools, parents and interested groups throughout Australia and overseas. Mark works in private practice at FULLARTON HOUSE Adelaide, South Australia providing mentoring, educational advice, academic remediation and social skills training for children and teens.

FULLARTON HOUSE is a multidisciplinary group of professionals who support young individuals who are learning to cope with ADHD, learning difficulties, autism spectrum disorders (Asperger syndrome), giftedness, auditory processing disorder, depression, mood disorder and so on.

In 2006 Mark co-authored **STOP & THINK Friendship**. This is a social skills resource - workbook and film - published by ACER for primary-aged students and young adolescents. In 2004 Mark wrote **Cognitive Behavioural Training: A How-to Guide for Successful Behaviour**. It was written for teachers, school support personnel, counsellors, psychologists and health professionals and is distributed throughout Australia, New Zealand the United States, the United Kingdom, Ireland and Singapore. This best selling book addresses common problems that face many students: organisation, remembering, perseverance, self-awareness, motivation and emotional resilience. **Parenting Tough Kids** is Mark's latest book. Within the first nine months of release 6,000 copies were sold. It is now into its third reprint. **Parenting Tough Kids** is available from leading Australian bookstores (ISBN: 9780975231210).

To preview or purchase **Parenting Tough Kids** or **Cognitive Behavioural Training: A How-to Guide for Successful Behaviour** go on-line to [www.marklemessurier.com.au](http://www.marklemessurier.com.au)

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