Increasing **resilience** and **independence** in primary school children

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9 Books
Parenting in 2016

There is no such thing as a perfect parent
There are more risk factors along this journey in 2016 than ever before.
Tasks of Childhood

• consolidation of identity (healthy risk taking)
• achievement of independence from adult carers (emancipation)
• establishment of love objects outside the “family” (peers)
• acquiring economic independence (negotiating school)
Let's look at the evidence-base?
The Mental Health of Children and Adolescents

REPORT ON THE SECOND AUSTRALIAN CHILD AND ADOLESCENT SURVEY OF MENTAL HEALTH AND WELLBEING
Quarter of teen girls self-harm: study

ALARMING new figures show one in four Australian teenage girls have engaged in self-harm. The largest ever survey of youth mental health found 13 per cent of teenagers have engaged in self-harm, and one in 10 had contemplated suicide.

One in 40 actually attempted it.

The two-year survey of 6300 families found one-quarter of girls aged 16 and 17 had engaged in self-harm with some in five meeting the clinical criteria for major depressive disorder.

One in seven children and young people had experienced a mental disorder in the past year and almost one-third were suffering more than one disorder.

Health Minister Simon Ley described the report on Friday as "heartbreaking, sad and shocking."

She is concerned that while ADEH cases were falling, there had been a rise in major depressive disorder.

But it was encouraging that more young people were using support services compared with 2016, when the Mental Health of Children and Adolescents survey was first conducted, she said.

"As a parent, it’s heartbreaking to see these prevalent rates of depression, anxiety, self-harm and a whole cascade among our young people, let alone as health minister," Mr Ley said.

"We must recognise in years gone by many of these cases were being hidden and today would have simply gone unrecognised for while people suffered in silence."

Current situation

- largest-ever survey of youth mental health
- The two-year survey of 6300 families
- 1 in 7 children experienced a mental disorder
- 1 in 10 self harming
Results

- 13.9% of 4-17 year-olds were assessed as having mental disorders in the previous 12 months.
- This is equivalent to 560,000 Australian children and adolescents.
- Males were more likely than females to have experienced mental disorders in the 12 months prior to the survey (16.3% compared with 11.5%).
- ADHD was the most common mental disorder in children and adolescents (7.4%), followed by anxiety disorders (6.9%), major depressive disorder (2.8%) and conduct disorder (2.1%).
What is resilience?
KEEP GOING
YOU CAN DO THIS!
John Carr-Gregg Sr.
10.1.20 – 15.3.12

KEEP CALM AND CARRY ON
Is resilience still a useful concept when working with children and young people?

Cathryn Hunter

CFCA Paper No. 3 — April 2012

This paper reviews some of the complexities and issues surrounding the concept of resilience in order to ascertain its usefulness for practitioners working with children.

The paper offers a brief history of the research as well as an investigation of how resilience is defined, measured and used in practice.
Resilience

“...is the human capacity to face, overcome, be strengthened by and even be transformed by adversity.”
First psychological study on ‘resilience’

• studied a cohort of children from Kauai, Hawaii in 1970

Professor Emmy Werner

the first scientists to use the term ‘resilience’ in 1970s

The 5 characteristics of resilient young people that every parent needs to know
Resilience

- Social/Emotional competencies
- + self talk
- Islands of competence
- Charismatic Adult
- Spirituality
What are the biggest mistakes parents make with teenage daughters?
- Not giving them Vitamin ‘N’
- Not setting limits and boundaries
- Not being the world expert on them
- Not having rituals and traditions
- Not communicating
- Giving them everything they want
- Not keeping them busy
- Not letting them experience adversity
- Not monitoring peers
Be the Best Parent *not* the Best Friend!
WHAT is the best bits of life advice
Number 1
• Invest time and energy in family and friends - strong personal relationships is the single biggest contributing factor - get balance in your life....

Don't expect everyone to like you

“You can be the ripest, juiciest peach in the world, but there will always be someone who hates peaches.”
If you can’t change it, change the way you think about it.
Number 3
Count your blessings: Write down once a day 3 things for which you are currently thankful from the mundane to the magnificent.

Psychologist Sonja Lyubomirsky from the University of California found that a daily list of 3 blessings substantially boosts life satisfaction.

Create and maintain a gratitude journal for life.

Sign Up - 100% Free!

Every night we'll email you the question “What are you grateful for today?” Reply with three to five things and they immediately stored in your own private, secure and personal online gratitude journal. That’s it!

“Every night list five things that you are grateful for. What it will begin to do is change your perspective of your day and your life.”

~ Oprah Winfrey

“...You can’t be brave if you’ve only had wonderful things happen to you…”

Tyler-Moore
Number 4

be active
RELAX
Rest
REPEAT DAILY

ACTION FOR HAPPINESS
Take care of your body
www.actionforhappiness.org
Number 5

if you want to
FEEL GOOD
do good

ACTION FOR HAPPINESS
Do things for others
www.actionforhappiness.org
There's more to life when you stop and notice.
Great way to relax and de-stress in 2016

- Perform better
- Learn better
- Better health
- Better Relationships

Savour life’s joys - pay close attention to momentary pleasures and wonders. Focus on the smell of a rose the beauty of a sunset. Take a mental photo to review in less happy times.
Find time to lose yourself in what you love.

God gave you two ears and one mouth; use them proportionally. Try and learn something new every day.
Number 8

THE MEANING OF LIFE IS A LIFE WITH MEANING

ACTION FOR HAPPINESS
Be part of something bigger www.actionforhappiness.org
Number 9
Number 10

Don’t compare your insides with other people’s outsides.

Don’t worry what other people think. Stop being so self-conscious because absolutely nobody is paying any attention to you anyway – they are only paying attention to themselves.

ACTION FOR HAPPINESS

www.actionforhappiness.org