



## Becoming a Resilient Family

### 6 Key Building Blocks – Poll 1



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2021

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## COVID and SCHOOLING

### Facts, Awareness and Tips

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### COVID & SCHOOLING:

- **Learning and development have been interrupted and disrupted for millions of students.** More than 1 million students with special educational needs did not get services from 504 or IEP
- **The pandemic has exacerbated well-documented opportunity gaps that put some students at a disadvantage relative to some of their peers.**
- **The pandemic has exacerbated the limitations of standardized tests, and other approaches which reward a narrow set of skills.**
- **Parents, extended family have been stressed to the max trying to meet educational needs of children while also dealing with so many other stressors**
- **Covid home-based or virtual learning is NOT the same as “home-schooling” as a choice some families make**

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### IT WASN'T ONLY COVID

The past 1-2 years have highlighted many other areas of disparities and injustice in our communities especially related to race, ethnicity, and language

Political upheavals have left communities increasingly polarized

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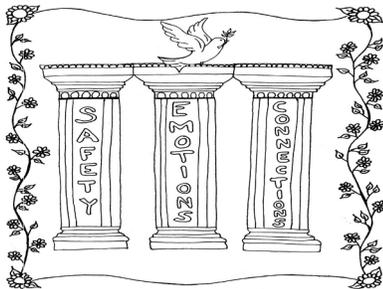
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What do Children & Adults Need right now?



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### More than Backpacks and Notebooks

I am really different – no one can understand my life

I am "2nd rate" so I am doomed to fail

I'm too far behind, I will never catch up

Trauma triggers are lurking everywhere and pop out when least expected



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### Impact of Fantasies, Fears & Trauma

- Self Fulfilling Failure prophecies
- Grief, loss, separation anxiety & trauma triggers make concentration difficult
- May demonstrate trauma symptoms masking as ADD/ADHD, ODD or other behavioral or mental health issues
- May experience frequent psychosomatic symptoms
- Easily launched into survival mode
- Social anxiety - "I don't/can't fit in"; "Nobody likes me"
- Falling behind academically
- Missed special education needs
- Mis-labeled or placed in special education

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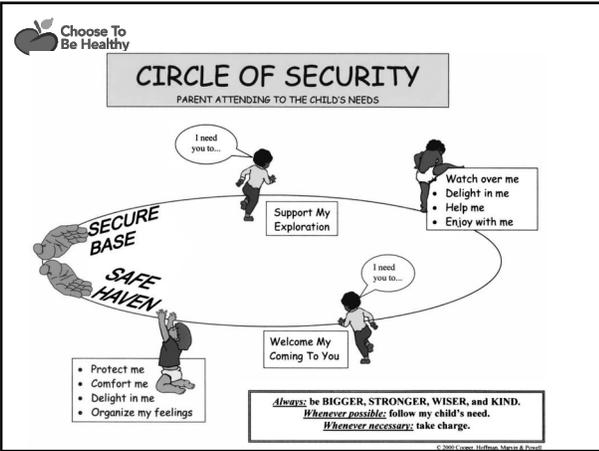
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**Choose To Be Healthy**

### CIRCLE OF SECURITY

PARENT ATTENDING TO THE CHILD'S NEEDS

**SECURE BASE**

**SAFE HAVEN**

**Parent's Role:**

- Protect me
- Comfort me
- Delight in me
- Organize my feelings

**Child's Needs:**

- Watch over me
- Delight in me
- Help me
- Enjoy with me

**Always:** be BIGGER, STRONGER, WISER, and KIND.  
**Whenever possible:** follow my child's need.  
**Whenever necessary:** take charge.

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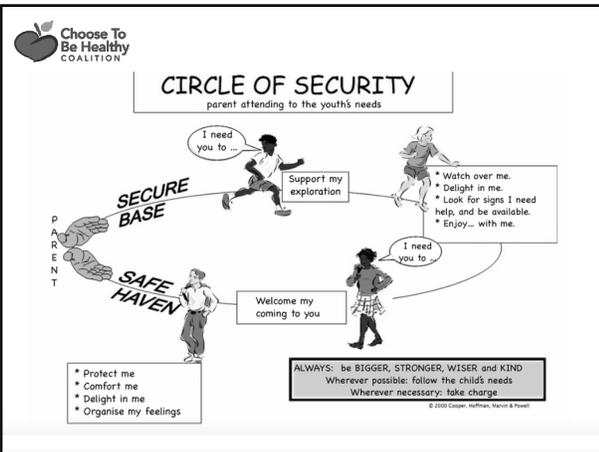
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**Choose To Be Healthy COALITION**

### CIRCLE OF SECURITY

parent attending to the youth's needs

**SECURE BASE**

**SAFE HAVEN**

**Parent's Role:**

- Protect me
- Comfort me
- Delight in me
- Organise my feelings

**Youth's Needs:**

- Watch over me.
- Delight in me.
- Look for signs I need help, and be available.
- Enjoy... with me.

**ALWAYS:** be BIGGER, STRONGER, WISER and KIND  
**Whenever possible:** follow the child's needs  
**Whenever necessary:** take charge

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### Broad Tips for Caregivers from "Experts"

- Locate learning resources.
- Identify additional resources
- Communicate, communicate, communicate!
- Be Pro-activate about making needs and expectations clear (i.e. around mask-wearing)
- Be flexible and accepting of the needs of other students/parents and school staff

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### Quick Tips for Periods of Adjustment & Transition at School at Home

- Relationships matter more than school work
- Know the kids and yourself, the staff and the community
- Addressing post-COVID needs is more than re-starting pre-COVID approaches
- Not the time to do long-term assessments although immediate assessment is needed for many students
- Attend to the needs of parents as well as students

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### Tips for Schoolwork at Home

|          |   |
|----------|---|
| Relax    | Relax the rules                         |
| Use      | Use resources but don't get overwhelmed |
| Follow   | Follow the child's interests            |
| MOVE     | MOVE our bodies                         |
| Build in | Build in some one-on-one time           |

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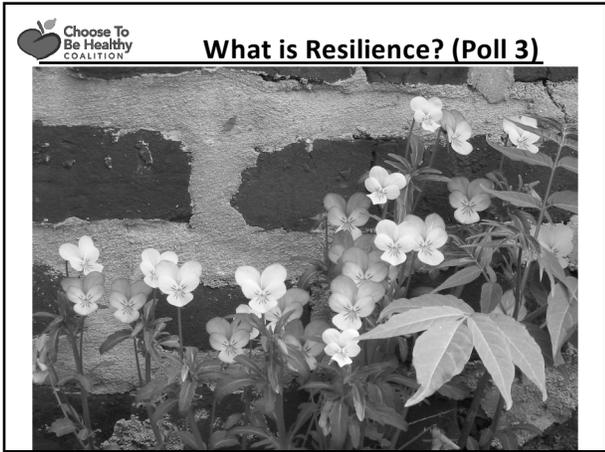
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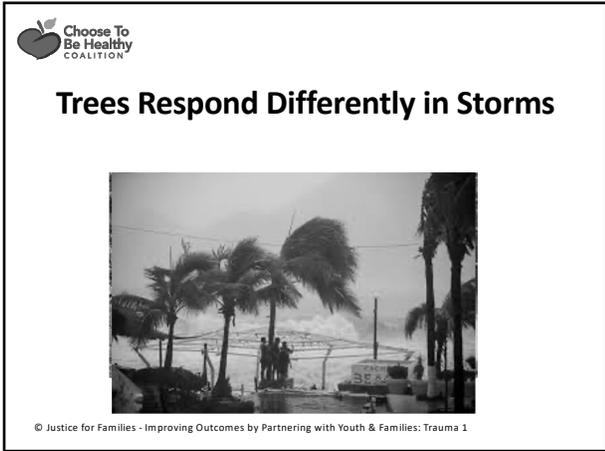
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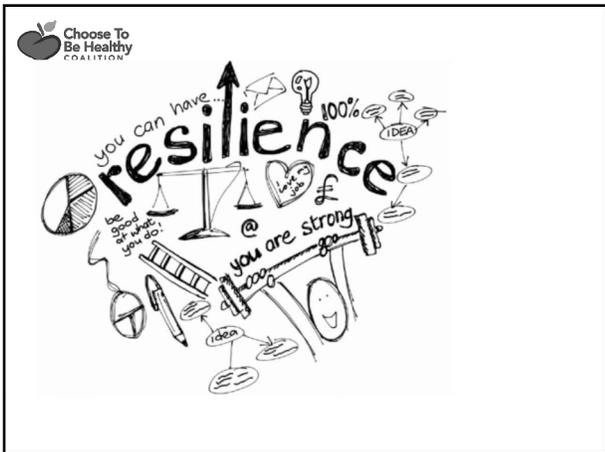
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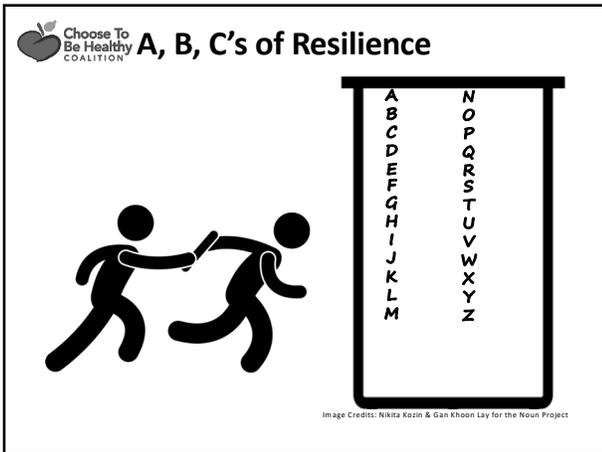
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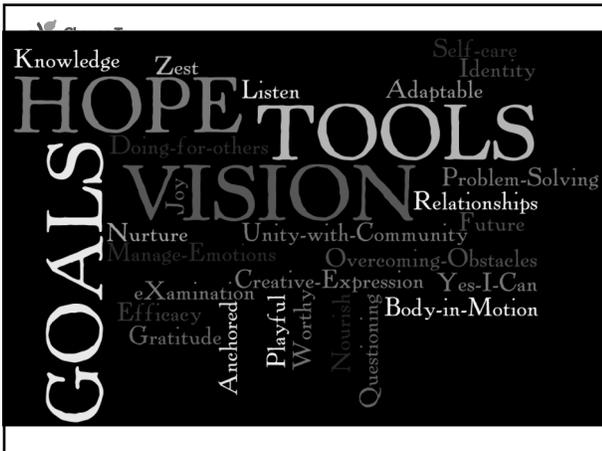
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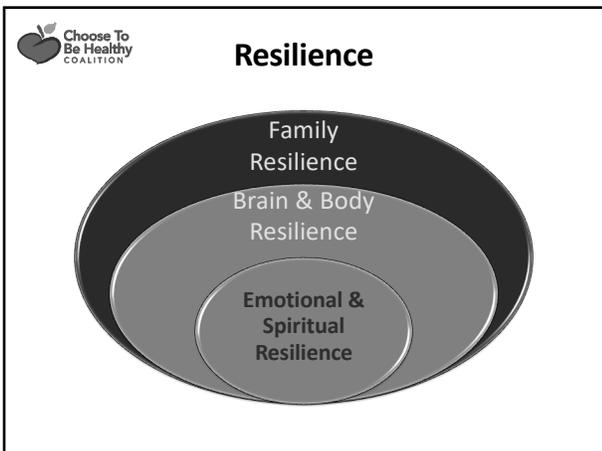
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### RESILIENCE DEFINITION:

**The ability to  
thrive, mature, and  
increase competence  
in the face of adverse circumstances  
By drawing upon  
all of one's resources:  
Biological/physical, psychological,  
Spiritual, social/relational  
and environmental**

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### Family Resilience



- Individual resilience contributes to but is not the same as family resilience
- 4 core signs of a resilient family during times or crisis or prolonged stress
  - Maintaining membership
  - Nurturing young
  - Caring for vulnerable
  - Maintaining economic support

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### Family Resilience

Poll 3



- 4 core characteristics of a resilient family during times or crisis or prolonged stress
  - Hope, Optimism, Shared beliefs, values
  - Communicate about a wide range of feelings
  - Balance of consistency and flexibility
  - Capacity for problem solving

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**Building Family Resilience Requires Attention to**  
Poll 4

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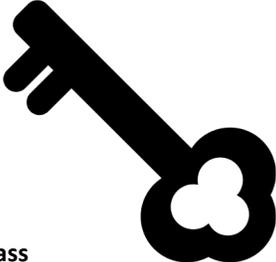
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**6 Key Building Blocks**

- ↳ Settle the Body
- ↳ Recognize Emotions
- ↳ Self-Efficacy
- ↳ Empathy
- ↳ Hope & Optimism/  
Spiritual/Moral Compass
- ↳ Perseverance




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**1. Settle the Body**

- ↳ Teach Children to Notice and Listen to their Bodies
- ↳ Recognize Mind-Body-Feelings Link
- ↳ Practice Body safety, body settling and body mastery activities




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 **Teach Children to Notice & Listen to their Bodies:**

**Do a Body Scan**  
**Where is my body tight?**  
**Where is my body loose?**  
**Does anything hurt?**  
**What feels good?**



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 **Help Children Recognize where Feelings "Sit" in their body and how to use their body to express feelings**

- **What is your body telling you when you have:**
  - Goosebumps
  - Stomach ache
  - Fists Clenching
  - Lots of giggles
- **What does your body do when:**
  - Excited
  - Scared
  - Mad
  - Guilty




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**TEACH S.O.S.**

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### Body Settling Activities

#### By Myself

- Breathing exercise
- Squeeze and release
- Balancing bird or fidget-spinner
- Lotioning hands
- Self-hug
- 5 senses toolkit
- Humming or singing
- Rocking
- Rub your own belly

#### With Others

- Singing or humming together
- Drumming, rhythm game
- Walking together silently, syncing steps
- Line-dancing or similar group dance
- When there is trust and permission, lotioning each other hands, hug, or rubbing shoulders or back

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### Trauma-Sensitive Yoga




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### MUSIC and DANCE can be settling




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**Choose To Be Healthy COALITION**

**Body Mastery Options: Help Children to Identify**



- What activities make your body feel safe?
- What activities make your body feel calm?
- What activities make your body feel strong?

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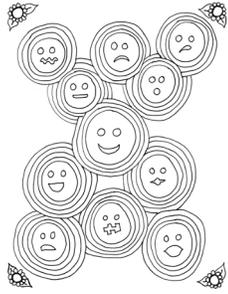
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**Choose To Be Healthy COALITION**

**2. Recognize Emotions in Myself & Others**

- ↳ Model & Communicate about a Range of Emotions
- ↳ Tune-in to child
- ↳ Recognize Mind-Body-Feelings Link
- ↳ Practice Through Play



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**List of Feelings**

|              |            |               |                       |
|--------------|------------|---------------|-----------------------|
|              |            |               |                       |
| <b>Happy</b> | <b>Sad</b> | <b>Angry</b>  | <b>Other feelings</b> |
| Calm         |            | Afraid        |                       |
| Cheerful     |            | Anxious       |                       |
| Confident    |            | Ashamed       |                       |
| Content      |            | Bored         |                       |
| Delighted    |            | Confused      |                       |
| Excited      |            | Curious       |                       |
| Glad         |            | Embarrassed   |                       |
| Loved        |            | Jealous       |                       |
| Proud        |            | Moody         |                       |
| Relaxed      |            | Responsible   |                       |
| Satisfied    |            | Scared        |                       |
| Silly        |            | Shy           |                       |
| Terrific     |            | Uncomfortable |                       |
| Thankful     |            | Worried       |                       |

www.ReviewCharts.com

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Choose To Be Healthy COALITION

**ATTUNED- POLL 2**



Created by Vectors Point from Noun Project ATTUNEMENT POLL QUESTION

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Choose To Be Healthy COALITION

**ATTUNED**

- How is the child feeling – anticipate concerns and questions
- Child’s understanding of certain information they are hearing such as the concept of “old people” or “looters and thugs”
- WHO is the child worried about

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Choose To Be Healthy COALITION

**Play “Feelings Charades”**



Norman Rockwell

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**3: Build Self Efficacy**  
(aka Internal Locus of Control)  
POLL 5

- ↳ Seek Child's Opinion
- ↳ Offer Opportunities to Make Choices
- ↳ Teach Problem-Solving Strategies
- ↳ Allow child to try new things even when it involves risk or failing
- ↳ Allow child to live with unfulfilled desires  
(marshmallow test) <https://www.youtube.com/watch?v=4L-n8Z7G0ic>

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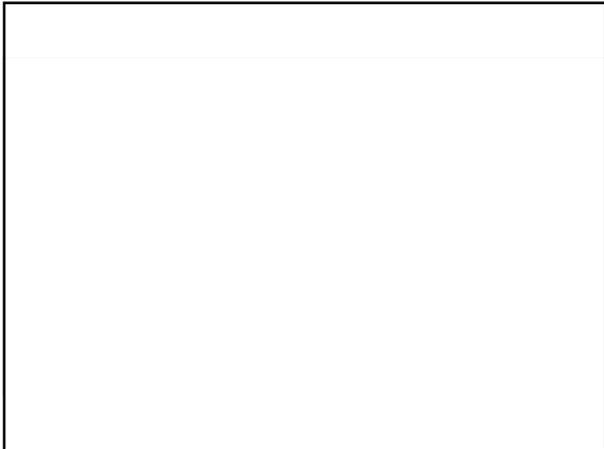
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**Am I Seen?**

**Am I Heard?**

**Does my Voice Matter?**

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### Involve Children in Developing Self-Efficacy by Making Choices

- Involve children in planning their day, their activities, their schedule
- As often as possible offer choices
- Invite children to plan strategies for dealing with challenging situations
  - Children often have practical and creative ideas for coping

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### Provide Opportunities for Children Develop a Sense of Control – Poll 6



- Children who have experienced trauma or prolonged periods of change, anxiety or stress often feel a loss of control over their own lives and like the whole world is out of control
- Create, restore and maintain schedules, routines, rules, stability
- Help children find ways to master something “bigger” than themselves (i.e. horse, water, mural arts)

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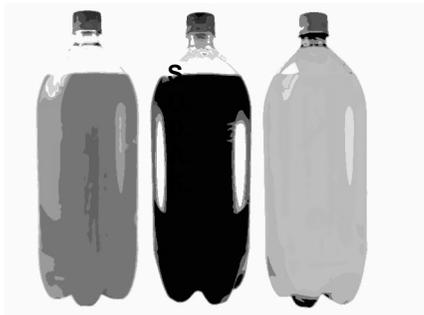
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### SODAS method of Problem Solving




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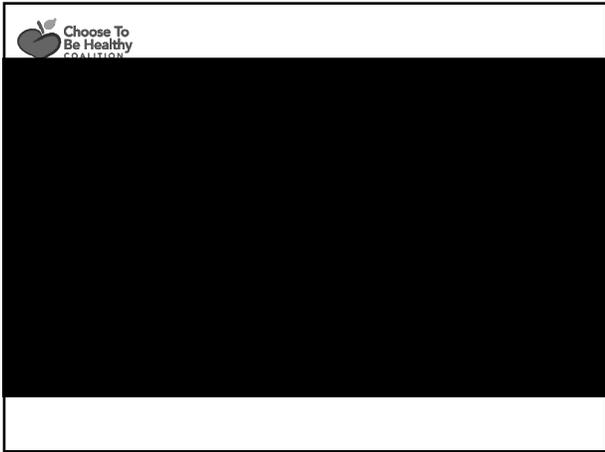
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### 4. Build Empathy



- ↳ Demonstrate and Articulate Your own feelings of Empathy
- ↳ Use a code word like "shoes"
- ↳ Put felt empathy into action
- ↳ Expose children to diverse people situations in real life and through books, TV, movies, etc



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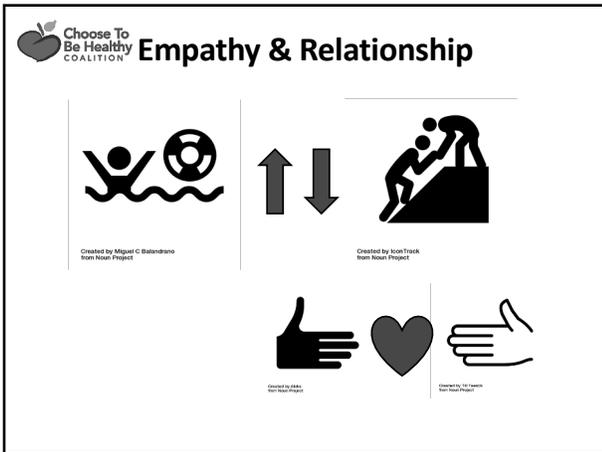
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**5. Nurture Hope & Optimism Help Child Develop Their Own Spiritual/Moral Compass**

- ↳ Spiritual doesn't equal religious
- ↳ Art, writing, journaling, music
- ↳ Walks in Nature, Meditation, Yoga
- ↳ Laugh & Play (and dance!) everyday
- ↳ Re-frame negative emotions or thoughts
- ↳ What am I looking forward to?



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**"Scientists have recently determined that it takes approximately 400 repetitions to create a new synapse in the brain - unless it is done with PLAY, in which case, it takes between 10-20 repetitions."**

Dr. Karyn Purvis

**ohioaeyc** Ohio Association for the Education of Young Children

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### REFRAME

- “My teacher is always picking on me” - first validate – “that must feel kind of icky when it happens” then re-frame – “Is there another way to look at it? Maybe your teacher sees potential in you and wants to help you reach it?” also add empathy, “I wonder what it is like to be a teacher when kids are talking or not paying attention? Maybe that feels kind of icky too.”

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### Look Ahead with Enthusiasm




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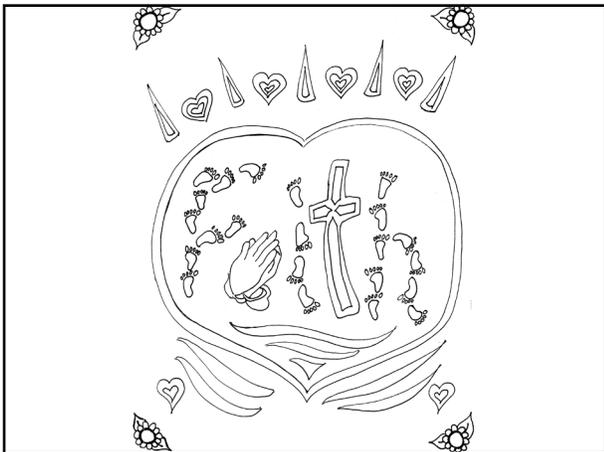
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### Be Intentional About Gratitude

|                                   |  |   |   |
|-----------------------------------|--|---|---|
| <b>1</b><br>Model<br>Thankfulness | <b>2</b><br>Build Gratitude<br>into Daily Routines | <b>3</b><br>Practice Delayed<br>Gratification | <b>4</b><br>Provide<br>Opportunities to<br>Give |
|-----------------------------------|--|---|---|

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### Benefits of Regularly Expressing GRATITUDE

-  Lowers stress and Helps heal trauma
-  Improves overall mental and physical health & well-being
-  Increases attachment and improves relationships
-  Increases happiness and overall joy in life

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### Developing Gratitude

|   |  |   |   |
|---|--|---|---|
| <br>ACKNOWLEDGE<br>GOODNESS AND<br>GOOD THINGS | <br>ACKNOWLEDGE<br>SOURCE OF<br>GOOD THINGS | <br>WRITE IT DOWN,<br>DRAW IT OUT<br>TALK ABOUT IT | <br>SHARE IT |
|---|--|---|---|

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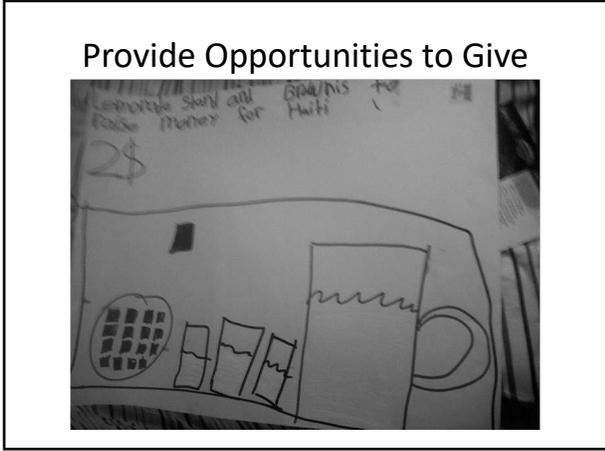
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**Choose To Be Healthy ON**

## 6. Build Perseverance

- ↳ Dream Dreams
- ↳ Set incremental goals
- ↳ Model Stick-to-it-iveness
- ↳ Make Mistakes & Learn from them
- ↳ Celebrate Successes

Created by Matthew Carpenter from Youth Project

Created by Dale Shoon Lay from Youth Project

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### Use Questions that Build Resilience

- Use your Senses – for problems & supports
- The 3 “If... Then...” strategies
- “Describe a time when....”
- What, So What, Now What?
- Being a Detective




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### Collaborative Problem-Solving Role Playing




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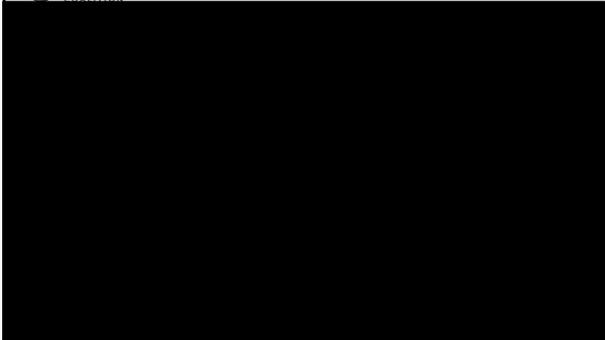
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Becoming a Resilient Family:  
6 Key Building Blocks



**THANK YOU!**

Sue Badeau  
[sue@suebadeau.com](mailto:sue@suebadeau.com)

Author of "***Building  
Bridges of Hope:  
Coloring Workbook  
for Adults Caring for  
Children Who Have  
Experienced Trauma***"

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