



# Here & Now Health

is proud to present

## RESILIENCE



*(noun) resiliency the act of resiling, springing back, or rebounding*

### **How to raise confidence and build emotional resilience in young children**

#### **Why teach children emotional resilience?**

Research shows that emotionally resilient and social skilled children tend to be more successful at school, exhibit fewer behavioural problems at school, and relate better to parents, teachers and peers. Children who experience the following may particularly benefit from learning some life coping skills, however all kids can benefit from increased confidence.



Do your kids:

- Worry?
- Avoid situations?
- Tend to be shy?
- Have difficulty in 'resting' and going to sleep?
- Tend to be irritable a lot of the time?
- Have poor concentration?
- Like to be 'perfect'?
- Tend to be sad more often than you think is 'normal'?

The reality is that we are living in a society in which anxiety (and depression) are on the rise. Particularly for young children, constant worry about relatively normal, everyday activities, such as a school camp, playing with friends or completing homework, as well as worry about overseas events such as earthquakes and terrorism can significantly detract from a child's learning. These effects can also extend to a child's peers or siblings, multiplying the negative effects of anxiety. Many believe that the way to tackle the issue of anxiety and depression later in life, is to give our kids the skills to deal with anxiety and life stresses early on in their lives. Our RESILIENCE program focuses on developing emotional resilience in young children aged 4 to 8 years old. It aims to build emotional and social skills and resilience strategies that are practical and useful for coping with times of worry and stress.

### **What does the program package entail?**

There are two aspects to the RESILIENCE program.

- A parent seminar consisting of:
  - One 2-hour seminar designed to give parents tools to raise confident children while taking care of themselves
- 6 weekly sessions (each for approximately 1 hour) comprising:
  - 5 workshop sessions held weekly followed by a 'review and graduation party' session in Week 6.

### **About the parenting workshops**

- These workshops will be "parents only" so that you can participate without being distracted (in some seminars we may be able to provide a separate play area for the children and provide a carer to watch over them, please enquire at time of registration).
- Parents will be given comprehensive information about the strategies and skills being learnt by the children in order to gain a better understanding of the program. This is vital to assist you in helping your child with implementing these skills and strategies.



Parents are given information on:

- Anxiety and depression and how they affect children
- What the RESILIENCE Program entails
- Strategies that your child will learn throughout the program
- How to put these skills and strategies into place once you get home
- Making sure you take of yourself as a parent (happy parents, happy children)
- How to maintain the skills your child has learnt from the Program
- Addressing general concerns about other aspects of parenting

**What does the children’s workshop aim to do?**

RESILIENCE is a course designed for children to:

- Normalize the emotional state of anxiety
- Build social skills, confidence and emotional resilience that will stay with young children for life
- Assist young children to develop the life skills needed to effectively cope with difficult or anxiety-producing situations
- Promote self-confidence
- Empower young children, families and teachers

See the following table for more detailed information about what to expect from each session.

Week	Session Details for children
1	<p><b>The Beginning</b></p> <p>In the first session, children will get to know each other and begin discussing and learning that all feelings are ok, and that it’s what we do with those feelings that counts. They will learn to become aware of how they feel in certain situations and discuss ways of expressing those emotions appropriately. Children will also learn the invaluable skill of empathy and understanding feelings in other people. We end this session by teaching children to learn to relax. Children will learn to pay attention to their bodies and understand what it feels like to feel relaxed. We will learn techniques for self-soothing and relaxation and learn why relaxation is so good for us. (this skill will be practiced at the beginning and end of each session for the remainder of the program.</p>



<b>2</b>	<p><b>Learning about Red and Green Thinking</b></p> <p>In this session, children learn about self-talk and understand how “Red” or unhelpful thoughts can make us feel bad, while “Green” or helpful thoughts can make us feel better. Children learn how to change those negative ‘red’ thoughts into positive and helpful ‘green’ thoughts. The kids are encouraged to learn to set goals, try new things and to approach difficult situations and fears. Essentially we teach our children how to ‘be brave’ and that we can reward ourselves when we try new things.</p>
<b>3</b>	<p><b>Goal Setting</b></p> <p>In this session, we learn all about goal setting. How to work towards our goals using ‘small steps’ and positive self-talk. Children learn to set themselves rewards and to use this system to help themselves to reach their goals.</p>
<b>4</b>	<p><b>Learning How to Be a Good Friend and Finding our Social Supports</b></p> <p>In this session, children learn how to be friends and how to make new friends. This session teaches children how to reward ourselves when they’ve tried their best. We also discuss role models and support people with the children. We discuss who it is in our lives that we can look up to and admire, how we can be role models for other people, and who we can turn to when we need some support.</p>
<b>5</b>	<p><b>Bullying and What to do about it</b></p> <p>This week we talk all about bullying. What constitutes a bully and what to do about bullying if it happens to us.</p>
<b>6</b>	<p><b>The End</b></p> <p>In this last session, we review everything we’ve learned over the course of the program, catch up with how kids have been putting these skills into practice, and discuss ways of continuing to use these skills in their lives. We supply a cake for ‘graduation’ and children are presented with a certificate of achievement.</p>

### What do children need to bring to each session?

(Note: Items already provided in our package):

- Plastic A4 document wallet (provided at the first session)
- Workbook (provided at the first session)
- Water bottle (clearly named)

### If your child misses a group session

If your child misses a session then you have a few options available. Firstly you could book in to see the particular psychologist who is taking your child’s group, for an individual session before the next group session. Please book ASAP with the psychologist as it may be difficult to get in on short notice. This option will cost about \$50 extra as it is an individual session. Alternatively, we may be able to run “make-up group sessions” if a number of children are unable to make a particular week.



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### **The Facilitators**

Each group is facilitated by one of our excellent team of psychologists, all of whom are experienced in the field of depression and anxiety in children and adolescents.

### **The Cost**

There are various factors that influence how much the program will cost, including whether or not you pay weekly or upfront, and whether you have more than one child participating in the course. Please contact Meegan Harvey, our events co-ordinator to find out exactly how much it will cost you, or email [events@hereandnowhealth.com.au](mailto:events@hereandnowhealth.com.au)

### **How do I find out more?**

Once you've booked in your child for the RESILIENCE program on our website, one of our staff members will be in contact with you approximately two (2) weeks prior to the commencement of the groups, to confirm the final details of the program. Please don't hesitate to phone us on 0408-718-755 to ask any questions about the program, or email [events@hereandnowhealth.com.au](mailto:events@hereandnowhealth.com.au) or go to our website [www.hereandnowhealth.com.au](http://www.hereandnowhealth.com.au) to find out more about us.

Kind regards

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