

Raising Resilient Children and Adolescents: The Search for Islands of Competence

www.drrobertbrooks.com

contact@drrobertbrooks.com

Key questions I ask parents

Of all of the experiences you have had as a mother or father what have been two or three of your best moments and why?

Of all of the experiences you have had as a mother or father what have been two or three of your worst moments and why?

What did you learn from both kinds of experiences?

One of my most memorable days as a father

May 24, 1968: A day of joy and questions

“What did I think were the most important words children could use to describe their mothers and fathers?”

The impact on me as a professional and the questions I ask in my clinical practice

Questions to consider

“What words would you hope your children used to describe you?”

“What words would they actually use?”



The significance of and struggles with empathy

The emergence of my interest in concepts such as self-esteem and self-confidence

A shift to examining the concept of resilience or what helps children and adolescents to deal more effectively with stress and pressure and bounce back from adversities that may occur

The importance of a “charismatic adult”

“Do we as adults need charismatic adults in our lives?”

“Which three people in your current life would you list as your charismatic adults?”

“Which three people from your childhood would you list as your charismatic adults?”

“Which three people in your current life would list you as their charismatic adult?”

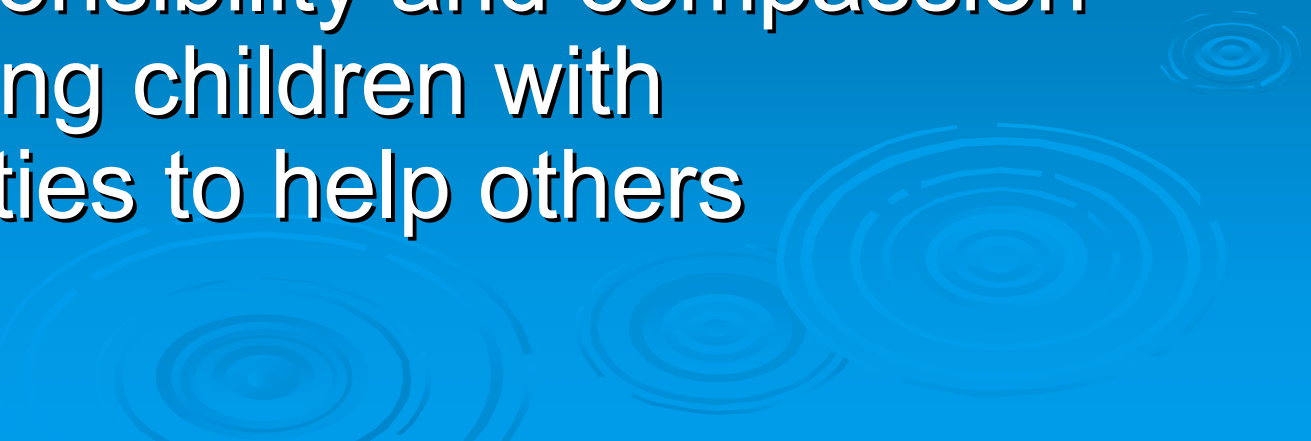
**“I want to be a charismatic
adult. What do I do?”**



Identify and reinforce a child's "islands of competence"

Accept children for who they are and not what you want them to be: the importance of unconditional love

Teach responsibility and compassion by providing children with opportunities to help others



Help children to learn decision-making and problem-solving skills, which increases a sense of responsibility and ownership for their actions

Help children to believe that mistakes are experiences from which to learn rather than feel defeated: To turn setbacks into “teachable” moments

Discipline in ways that help children develop self-discipline and respect rather than anger and resentment and let us not forget to overcome a “praise deficit”