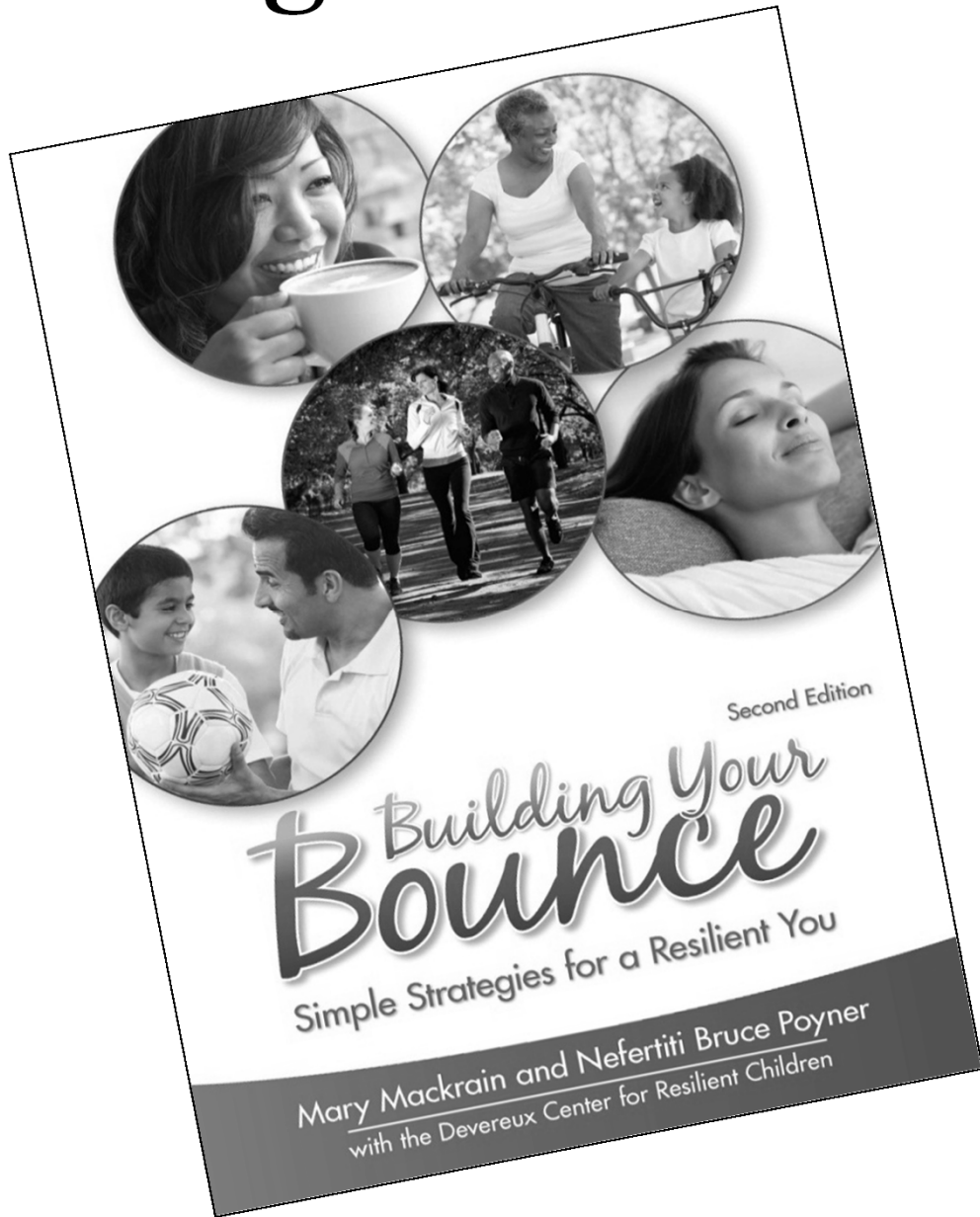


# Building Your Bounce



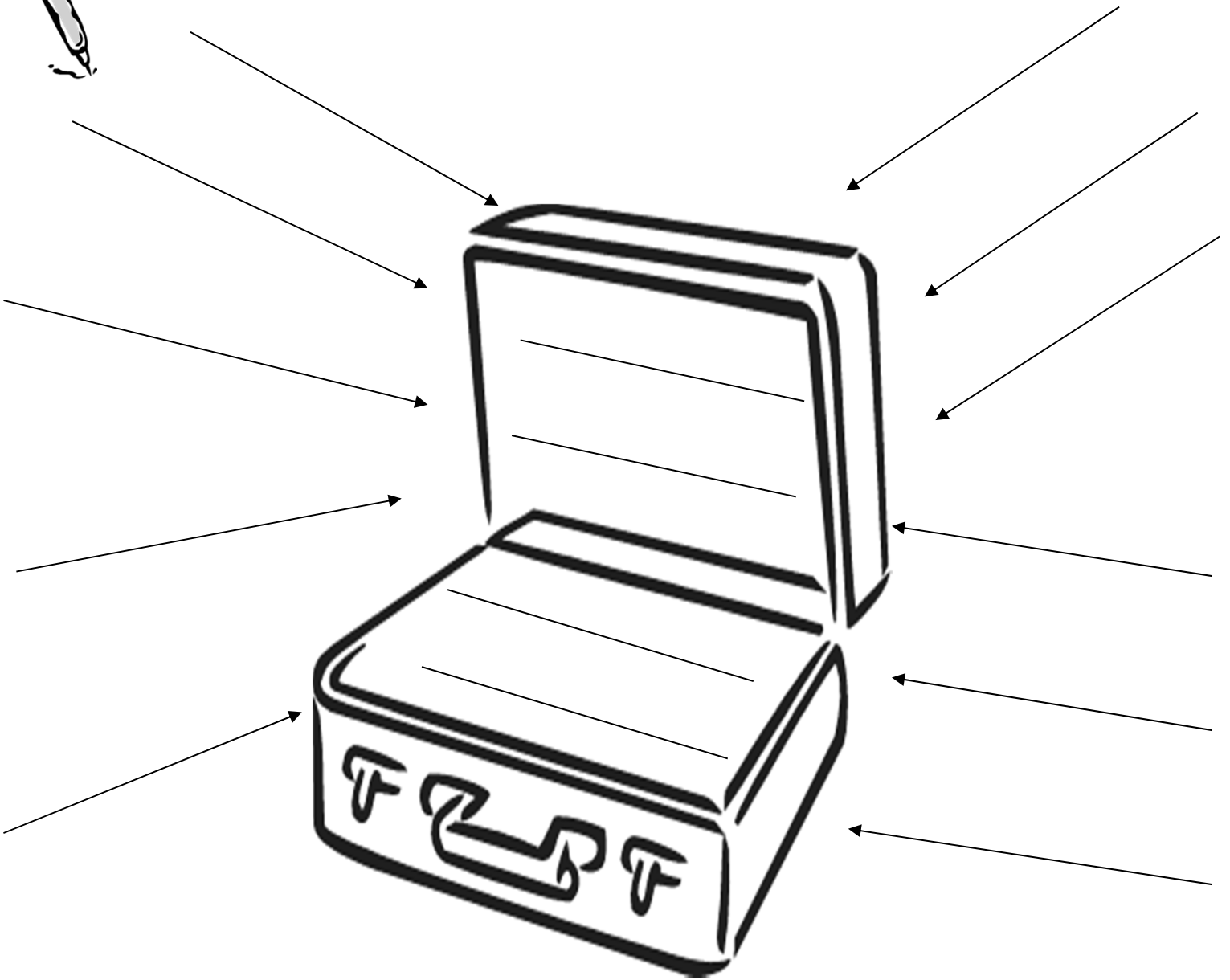
**Devereux**  
CENTER FOR RESILIENT CHILDREN

Promote social and emotional development, foster resilience, and build skills for school and life success in all children from birth through school-age, as well as to promote the resilience of the adults who care for them.

[www.CenterForResilientChildren.org](http://www.CenterForResilientChildren.org) \* 1-866-TRAINUS

Oct 2013

“Life is a journey, pack carefully”



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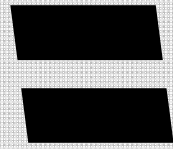
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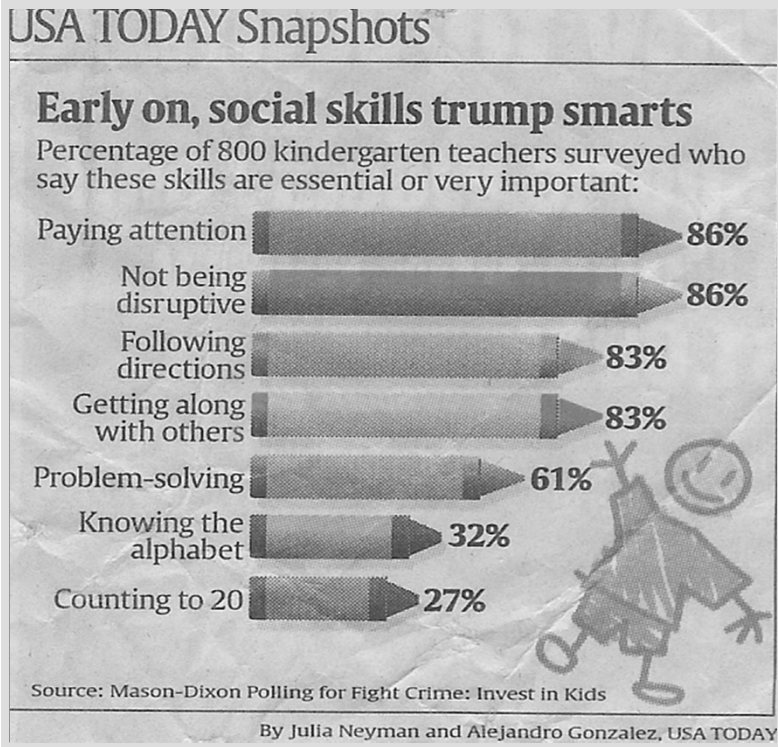
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## Poor social and emotional skills

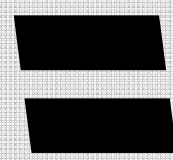


- Less Connected
- Difficult Relationships
- Less likely to Meet Expectations in school



Sources: (2008) Bierman, K.L. et al; (2004) Blum & Libbey; (2003) Denhem, et al.

## Resilience for life's journey forever!



Social emotional health in the suitcase now...

### Resilience

The ability to recover from or adjust to misfortune or change

The ability to bounce back

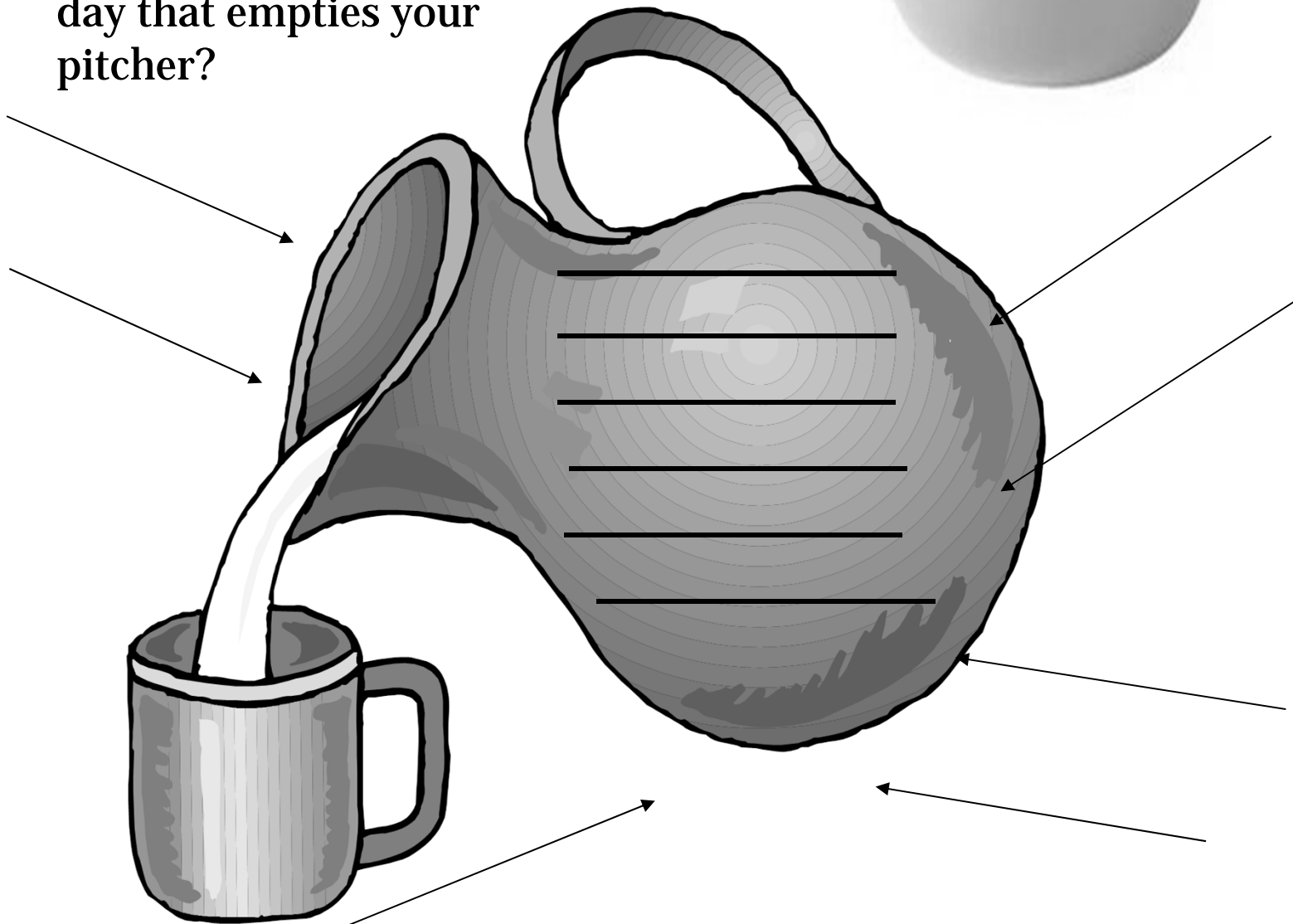


An emotional container is...

The holding environment you create for children and families. The place where you not only physically hold people, but where you hold their emotions, their experiences and their process. A place where children and families feel trust, affirmation and empowerment rather than judgment, criticism and correction.



What do you “hold” every day that empties your pitcher?



# REACT vs. REFLECT

- \_\_\_\_\_ Loss of creativity
- \_\_\_\_\_ Loss of patience
- \_\_\_\_\_ Limited long term thinking
- \_\_\_\_\_ Limited attention to details
- \_\_\_\_\_ Quick decisions (not well thought out)
- \_\_\_\_\_ Less conversation
- \_\_\_\_\_ Fewer thoughtful questions
- \_\_\_\_\_ Take children's behavior personally
- \_\_\_\_\_ Self-doubt
- \_\_\_\_\_ Put off problems
- \_\_\_\_\_ Consumed with worry for the future
- \_\_\_\_\_ A belief that the child is in control of your emotions
- \_\_\_\_\_ Loss of personal control
- \_\_\_\_\_ Sense of dread
- \_\_\_\_\_ Loss of the joy



**“Everyone you meet is fighting a battle you know nothing about. Be kind. Always.”**

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**“How you are is as important as what you do.”**  
**- Dr. Jeree Pawl**

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**“Given the emotionally evocative nature and the complexity of work with very young children and families who are vulnerable, it is imperative that practitioners across disciplines have time to pause and reflect.”**

Source - Deborah Weatherston, Robert F. Weigand, Rober Weigand. “Reflective Supervision Supporting Reflection as a Cornerstone for Competency.” Zero to Three. November 2010





## Development of the Devereux Adult Resiliency Survey (DARS)

## Adult Protective Factors



**Relationships**



**Initiative**



**Self-Control**



**Internal Beliefs**

- The Devereux Adult Resiliency Survey (DARS) is a 23-item reflective checklist that provides adults with information about their personal strengths.
- The information can be used to help individuals build on these strengths, such as creativity and setting limits, so that they can better cope with the adversity and stresses of daily life.

# Devereux Adult Resilience Survey (DARS)

by **Mary Mackrain**

| Items   | Yes | Sometimes | Not Yet |
|---|-----|-----------|---------|
| <b>Relationships</b>                                |     |           |         |
| 1. I have good friends who support me.              |     |           |         |
| 2. I have a mentor or someone who shows me the way. |     |           |         |
| 3. I provide support to others.                     |     |           |         |
| 4. I am empathetic to others.                       |     |           |         |
| 5. I trust my close friends.                        |     |           |         |
| <b>Internal Beliefs</b>                             |     |           |         |
| 1. My role as a caregiver is important.             |     |           |         |
| 2. I have personal strengths.                       |     |           |         |
| 3. I am creative.                                   |     |           |         |
| 4. I have strong beliefs.                           |     |           |         |
| 5. I am hopeful about the future.                   |     |           |         |
| 6. I am lovable.                                    |     |           |         |
| <b>Initiative</b>                                   |     |           |         |
| 1. I communicate effectively with those around me.  |     |           |         |
| 2. I try many different ways to solve a problem.    |     |           |         |
| 3. I have a hobby that I engage in.                 |     |           |         |
| 4. I seek out new knowledge.                        |     |           |         |
| 5. I am open to new ideas.                          |     |           |         |
| 6. I laugh often.                                   |     |           |         |
| 7. I am able to say no.                             |     |           |         |
| 8. I can ask for help.                              |     |           |         |
| <b>Self-Control</b>                                 |     |           |         |
| 1. I express my emotions.                           |     |           |         |
| 2. I set limits for myself.                         |     |           |         |
| 3. I am flexible.                                   |     |           |         |
| 4. I can calm myself down.                          |     |           |         |



Secure attachment is the  
strongest inoculator you can  
have against future trauma.”  
- Pat Ogden (Developer of sensory motor  
psychotherapy)

“Breathe. Let go. And remind  
yourself that this very moment  
is the only one you know you  
have for sure.”

- Oprah Winfrey

**Thank You**

“Self-esteem is the immune system of the mind and of the spirit.”  
- Lee Pulos

“It is not our job to have all the right answers, but to ask all the right questions.”

## Reflection Question

- How do you think that went?
- How did you feel during that...?
- When are things good?
- What is the most challenging part for you?
- What would be most helpful to you?
- What were you feeling when the child...?
- What were you feeling when the caregiver...?
- What are you resisting?
- What is the lesson here?
- Have you been here before?
- Are you losing energy to this?
- Are you holding on to something you need to let go of?
- Are you in the present?
- What do you need to do now?
- Who’s in control here?
- What is your responsibility here?
- Are you at peace with this?

# Building Your Bounce Plan

|                                 |                       |   |
|---------------------------------|-----------------------|---|
| <b>Strengths</b>                |                       |   |
| <b>Goals /<br/>Needs</b>        |                       |   |
| <b>Strategies</b>               |                       |   |
| Who will do this:               | When will it be done: | How will this fit into the daily routine: |
| When will we review and adjust: |                       |   |

