

## Bounce Forward Raise Resilience

### What is it?

For parents. Six, one hour resilience sessions. Delivered virtually using Zoom. Each session is recorded so parents can catch up on-demand.

### Why resilience?

Parents want to support their children grow and develop with the resilience they need to not only face setbacks that inevitably will come (and not just pandemics), but also be able to thrive in life.

Uncertainty, instability from all angles, questions from your children that seem impossible to answer, personal worry about work, finances, and much more. Who thought we would ever be faced with something so unprecedented as Covid-19? But that is where we are.

Life has always been full of ups and downs, good and bad. Some people manage to embrace the good and shrug off the bad. For others, such resilience doesn't come easy. That's where Raise Resilience comes in.

More than ever we need to remain optimistic and realistic in equal measure. It is no good pretending that life at times can't be tough, but catastrophising about all the possible worst-case scenarios isn't helpful either. A parent role often also includes, teacher, mentor, counsellor, to name just a few. We are here to pass on our experience of how to help build mental muscle and resilience to get through these uncertain days and weeks ahead. We want to offer practical ideas for you and your family to remain optimistic, remind yourself of everything you are doing right and help maintain a sense of self and purpose.

### Overview of Raise Resilience

#### Session 1: Introduction to resilient parenting

This session offers an introduction into resilience, what it is and how we can develop it for ourselves and the ages and stages for developing resilience in our children. The role of emotions and how they are connected to how the brain works and the importance of understanding both negative and positive emotions.

#### Session 2: Optimism during uncertainty

This session explores the link between what we think and how we feel behave. Flexible and realistic thinking lies at the heart of resilience, it enables us to do the 'right' thing at the right time, so we achieve the best possible outcome. Optimism wedded to reality.

#### Session 3: Developing the mental muscle

This session can be thought of as the 'engine room' of resilience. How do we help our children gain more control about how they feel and behave. Re-framing unhelpful choices, and developing empathy for self and others, so they are able to navigate uncertainty and learn to fail well.

#### Session 4: Compassionate communication

Effective communication is essential as our children move into adolescence, and whilst staying safe at home. We can find ourselves in cycles of nagging and bickering and focusing on the 'big' conversations, and with it we become disconnected. Resilience and compassion are the key to staying connected, and now, perhaps more than ever effective communication is vital.

### Session 5: Mindsets and Energy

This session focuses on how to nurture and developing a growth mindset in our children. A model used in sports psychology is explored to understand the link between energy, emotions and performance/behaviour.

### Session 6: Parenting to strengths

Identifying our unique strengths and the unique strengths of our children and how to use them to best effect in our parenting.

**Following each session, we send resources for parents to use with their children at home, these are fun activities that help parents to structure the way they build resilience in their children.**

### Reach and Feedback

**Since March 2020 we have reached just over 5,500 parents up and down the country with our evidence-based Raise Resilience programme. Feedback has been consistently positive with 99% of parents agreeing or strongly agreeing of the benefits for them personally and for their children. Here are some example of what parents have told us;**

*“The course provides you with skills and ideas, concepts to aid your children in their emotional development and allowed me to reconnect with my family and it reminded me that I am a role model and I do matter.”*

*“I like how we were able to get involved via the Zoom chat. I attended something (from a different provider) that had a similar title last year, which turned out to be a crowded seminar with no input from attendees. I also like the weekly downloads of materials to work through. It really helps cement what we have learned and helps with teaching some aspects of the course to our children.”*

*“Definitely a positive experience and has built my confidence in tackling difficult conversations and situations with my children. It is a first step and has set me thinking about all the issues that come to play in relationships! I need to 'put on my oxygen mask before trying to help others'. I hope there will be a follow up course as we all need support to continue to understand how our children are feeling and how to help them. The children are all reacting to current situation differently but they are all being effected and so are we! Thank you.”*

*“A course that focusses on your experiences and helps identify strengths and positives, and gives techniques for supporting your own resilience and that of your children.”*

*“I really like that the content is as applicable to us as parents as to our children. There is a strong emphasis on understanding ourselves, as well as our children, in order to get the best from our relationships with our them - and that the content extends to other interactions and relationships.”*

*“I have to say that I think this course is terrific. Really useful from a parenting perspective of two very difference children (one neuro typical and one ASD), and also hugely helpful from an individual perspective too! I would love to see this course rolled out in my children's respective schools too, it would be so useful in an education setting.”*

*"It has been revelatory for me personally but also so many ideas that I can use with my children."*

*"Really enjoyed all the sessions. It was really thought provoking and I was able to work through some of the challenges we face not just in lockdown but every day. The extra materials were great we used so many of them and my kids actually looked forward to doing them each day during our "Creative hour".*

*"I'm going to miss this interaction."*

*"It has been so useful, thinking about why we all feel and react the way we do."*

*"Really informative, well delivered, easy to understand, opened my mind and will be very useful for family life and work, wish my wife would have done it as she is the one screaming at the kids over schoolwork sometimes, this is where the what has come in useful for me to interact to be more mindful and listen more."*

*"I've got some very deep-set beliefs about something that I'm trying to look on a different way."*

*"My child asked me, mum have you changed?!"*

*"It's been excellent. I've encountered many of the ideas before in my line of work, but you've really brought these ideas to life with excellent examples and a really smooth transition between contexts."*

