

# WELCOME TO 2024 LEADERSHIP CONVENTION

Session will begin soon



A graphic of the state of Utah with a white outline. Inside the outline, the words 'DEVELOP', 'ADVOCATE', and 'ENGAGE' are written in large, blue, distressed-style capital letters, stacked vertically. A vertical dark green bar runs through the center of the state, containing the word 'UTAH' in white, distressed-style capital letters.

DEVELOP  
ADVOCATE  
ENGAGE

UTAH

**Develop** programs, resources, and leadership skills that enhance the lives of all children, youth, and their families.

**Advocate** by speaking on behalf of all children and youth in schools, in the community, before governmental bodies, and before other organizations that make decisions affecting children.

**Engage** the public in united and equitable efforts to secure the physical, mental, emotional, spiritual, and social well-being of all children and youth.

# **SPEAKING TO OUR KIDS ABOUT MENTAL HEALTH**

Role of Teaching Coping Skills

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# WHAT IS COPING?

- Defined as the thoughts and behaviors used to manage the internal and external demands of situations that are appraised as stressful
- Children first learn how to manage stress by watching their parents and caregivers manage stress
- Appropriate coping skills give kids the space they need to think before they act

# STRESS

- Unavoidable part of life
- Important tool that can aid in our survival
- Our body's reactions are mediate through a complex interplay of:
  - Sensory Input – sights and sounds
  - Brain and nervous system
  - Hormones
  - Body's cells and organs

# WHAT ARE STRESSORS OUR KIDS NEED TO LEARN TO COPE WITH?

- Academic Performance Demands / High Achievement Standards
- Heavy Scheduling
- Social Media
- Peer Pressures
- Family Stress / Tensions / Divorce
- Life Transitions
- Exposure to Violence
- Physical Illness

# COPING MECHANISMS

## Positive Coping

- Self-soothing: engage the body's natural calming system
- Distraction: redirection to more pleasurable activities to decrease intensity of emotion
- Opposite action: activities that promote emotional exploration and increase clarity
- Mindfulness: focuses on being grounded in the present

## Negative (Maladaptive) Coping

- Verbal or physical aggression
- Self-harm (cutting, scratching, burning etc.)
- Withdrawing from friends and family
- Substance abuse

# HEALTHY COPING IN TODAY'S WORLD

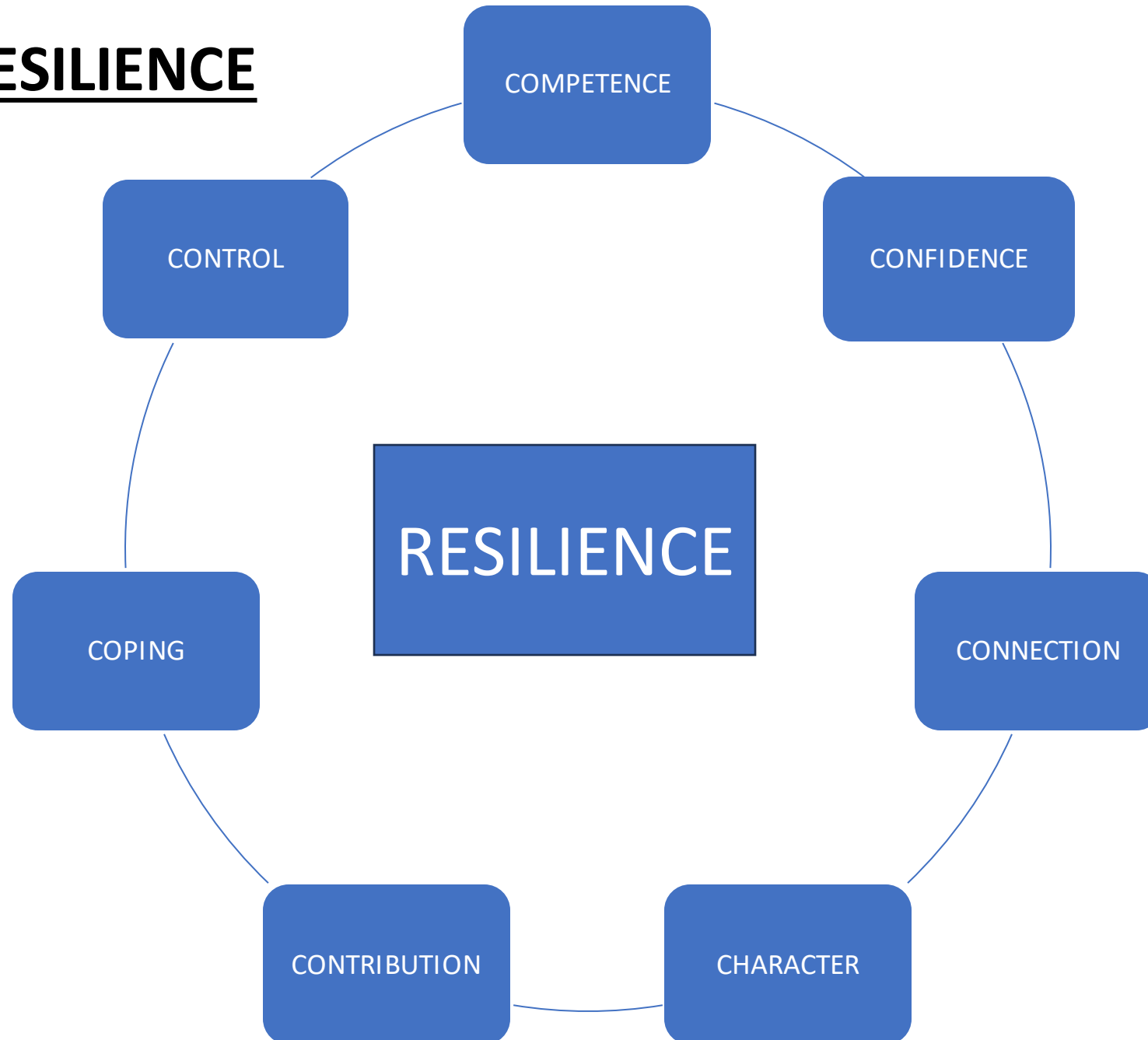
- Effectively employing positive coping strategies
- Coping and functioning is embedded in the larger concept of resilience



# WHAT IS RESILIENCE?

- Webster Dictionary:
  - I. The capacity to withstand or to recover quickly from difficulties; toughness
  - II. The ability of a substance or object to spring back into shape; elasticity
- Mental Resilience:
  - The ability to successfully adapt to stressors, maintaining psychological well-being in the face of adversity
  - Ability to “bounce back”
  - One word: Toughness

# 7 C's of RESILIENCE



# COMPETENCE

- Feeling of knowing that you can handle a situation effectively
- How Do We Help Our Children Achieve Competence?
  - Help children focus on individual strengths
  - Focusing on identifying mistakes on specific incidents
  - Empowering children to make decisions
  - Being careful that your desire to protect your child doesn't mistakenly send a message that you don't think he or she is competent to handle things
  - Recognizing the competencies of siblings individually and avoiding comparisons

# CONFIDENCE

- A child's belief in his own abilities is derived from competence
- Built by:
  - Focusing on the best in each child so that he or she can see that, as well
  - Clearly expressing the best qualities, such as fairness, integrity, persistence, and kindness
  - Recognizing when he or she has done well
  - Praising honestly about specific achievements; not diffusing praise that may lack authenticity
  - Not pushing the child to take on more than he or she can realistically handle

# CONNECTION

- Developing close ties to family and community creates a solid sense of security that helps lead to strong values and prevents alternative destructive paths to love and attention
- You can help your child connect with others by:
  - Building a sense of physical safety and emotional security within your home
  - Allowing the expression of all emotions, so that kids will feel comfortable reaching out during difficult times
  - Addressing conflict openly in the family to resolve problems
  - Creating a common area where the family can share time (not necessarily TV time)
  - Fostering healthy relationships that will reinforce positive messages

# CHARACTER

- Children need to develop a solid set of morals and values to determine right from wrong and to demonstrate a caring attitude toward others
- To strengthen your child's character, starts by:
  - Demonstrating how behaviors affect others
  - Helping your child recognize himself or herself as a caring person
  - Demonstrating the importance of community
  - Encourage the development of spirituality
  - Avoiding racist or hateful statements or stereotypes

# CONTRIBUTION

- Children need to realize that the world is a better place because they are in it
- Understanding the importance of personal contribution can serve as a source of purpose and motivation
- Teach your children how to contribute by:
  - Communicating to children that many people in the world do not have what they need
  - Stressing the importance of serving others by modeling generosity
  - Creating opportunities for each child to contribute in some specific way

# COPING

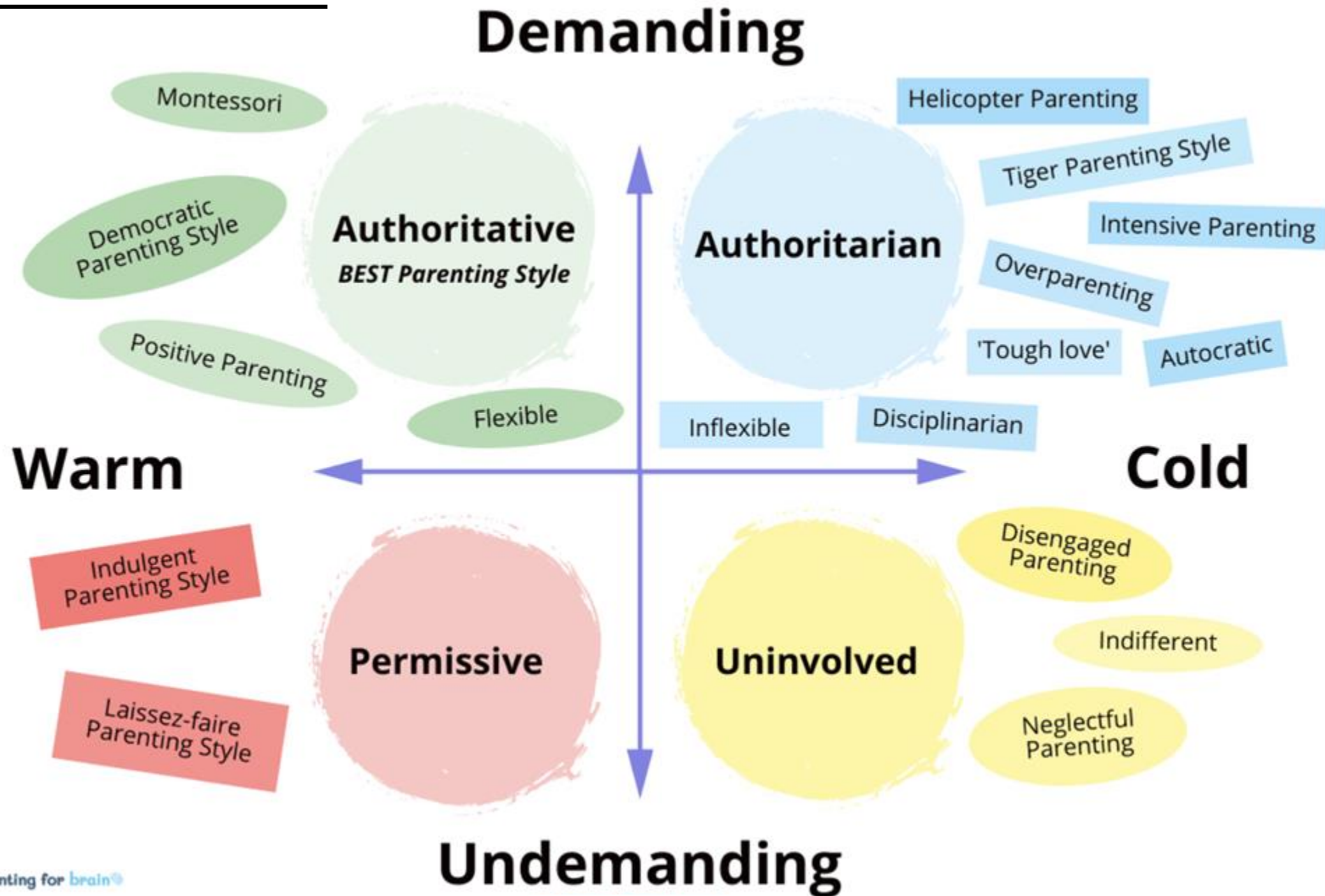
- Learning to cope effectively with stress will help your child be better prepared to overcome life's challenges
- Positive coping lessons include:
  - Modeling positive coping strategies on a consistent basis
  - Guiding your child to develop positive and effective coping strategies
  - Realizing that telling him or her to stop the negative behavior will not be effective
  - Understanding that many risky behaviors are attempts to alleviate the stress and pain in kids' daily lives
  - Not condemning your child for negative behaviors and potentially, increasing his or her sense of shame



# CONTROL

- Children who realize that they can control the outcomes of their decision are more likely to realize that they have the ability to bounce back
- Your child's understanding that he or she can make a difference further promotes competence and confidence
- You can try to empower your child by:
  - Helping your child to understand that life's events are not purely random and that most things that happen are the result of another individual's choices and actions
  - Learning that discipline is about teaching, not punishing or controlling; using discipline to help your child to understand that his actions produce certain consequences

# PARENTING STYLES



# AUTHORITATIVE PARENTING STYLE

- Parents are nurturing, responsive, and supportive, yet set firm limits
- Attempt to control children's behavior
  - Explaining rules
  - Discussing
  - Reasoning
- Parents listen to a child's viewpoint, but don't always accept it
- Children raised with this style tend to be:
  - Friendly, energetic, cheerful, self-reliant, self-controlled, curious, cooperative and achievement-oriented

# HELICOPTER PARENTING (AUTHORITARIAN)

- Oversee every aspect of their child's life
- Overattentive and overly fearful of a child's experiences and problems
- Results in children:
  - With poorer scores for psychological well-being
  - Who are more likely than their peers to use prescription medications for anxiety or depression
  - Who tend to be on the look out for guidance, and when left alone, often become too nervous to make a decision
- Overall, stumps a child's cognitive and emotional development

# PERMISSIVE

- Parents are warm, but lax
  - Fail to set firm limits, to monitor children's activities closely or to require appropriate mature behavior
- Children tend to be:
  - Impulsive
  - Rebellious
  - Aimless
  - Domineering
  - Aggressive
  - Low in self-resilience
  - Self-control
  - Achievement

# UNINVOLVED

- Parents are unresponsive, unavailable and rejecting
- Children tend to have:
  - Low self-esteem
  - Low self-confidence
  - Seek other, sometimes inappropriate, role models to substitute for neglectful parent

# CONCLUSION

- Stress and adversity are a normal part of life
- Positive coping skills development is multi-factorial
- Influenced by parenting style – kids want to be parented
- Coping is part of the larger concept of resilience
- Children who are resilient have a greater ability to cope with stress
- Resilience young people have been show to be more likely to withstand and overcome challenges, learn from them, and develop and succeed in healthy ways

4TH EDITION

# BUILDING RESILIENCE IN CHILDREN AND TEENS

Giving Kids Roots and Wings

KENNETH R. GINSBURG, MD, MS Ed, FAAP  
WITH MARTHA M. JABLOW

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN®





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