

# Developing a Resiliency Shield for Young Children who are Deaf or Hard-of- Hearing

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“It is not a light switch”  
Reesman, 2017



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# Agenda

- 9am – Introductions & goals for the day – resilience across developmental stages
- 9:30am – Bullying and Abuse Risks in Children with Disabilities
- 9:45am-10:30 – Risk and Protective Factors – introduction to the 7 C's
- 10:30 Brief break
- 10:45-11 – Superhero – why do we need heroes?
- 11-noon Building block strategies for resilience: routines and rituals
- 12pm Lunch
- 1-1:15 Regroup on goals; additional questions for afternoon
- 1:15-2pm Responses to challenge & mindfulness activity
- 2-2:45pm Self-assessment; action planning activity
- 3:15pm Dismissal

# Goals

- Shared protective factors
- Thinking about the long run
  - What skills are needed to build a successful 35 year-old?



# Interactive Response

[Poll Everywhere Link Reesman](#)



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# Resiliency Across Development

- It is never too late
- Earlier is always better
- Impact on those with most adverse experiences



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# Ecological Systems



In order to develop normally, a child requires progressively more complex joint activity with one or more adults who have an irrational emotional relationship with the child. Somebody's got to be crazy about that kid. That's number one. First, last and always.

— Urie Bronfenbrenner —

AZ QUOTES



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# In Practice: Tipping the Scales

- [Tipping the Scales Resilience Game](#)



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# Bullying and Abuse

- Risks
- Known predictors/risk factors
- DHH specific factors



# The 7 C's of Resilience

- Competence
- Confidence
- Connection
- Character
- Contribution
- Coping
- Control

(Kenneth Ginsburg, MD)



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# Competence

- Opposite of rescuing
- Balance of protection and independence



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# Confidence

- Gender
- Not self-esteem
- Developed by experiences



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# Connection

- Networks
- Bronfenbrenner
- Relationships



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# Character

- Developmental stages
- Ongoing development



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# Contribution

- What can I give?
- Not only receiving
- Fosters kindness



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# Coping

- Routines
- Healthy coping
- Unhealthy coping
- Fostering coping skills



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# Control

- Self control
- Control over environment
  - No means no
  - Can I tell you no?
  - Risks to secrets
  - Being controlled



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# Superhero, superpower



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# Rituals and Routine

- Habit
  - Tendency or practice, can be hard to give up
- Ritual
  - Ceremony with series of actions in specific order
- Routine
  - Sequence of actions, regularly done



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# Routine

## HAVING A CONSISTENT ROUTINE

CREATE A SCHEDULE WITH SIGNS!



download this poster & watch sign language videos at [Signing Savvy.com](http://SigningSavvy.com)



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# Responding to Challenge

- View video prompts/vignette
- How can we respond to promote resilience?



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# Poll Everywhere Question

- Link to Poll EV question



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# Mindfulness

- Science supported
- Small practice with big results
- Practice examples



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# Mindfulness

- Modeling mindfulness
- Practice, practice, practice
  - Integration of movement
  - Noticing game
  - Reducing distractions



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# My Action Plan

- Next steps
- What 1 thing will I try today?
- Using Bronfenbrenner's ecological systems



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# Putting Plans in Action

- What else is needed?
- Use of social networks
- Use your superhero



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# Thank you!

## @jenreesman

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We are all born with great potential.  
Shouldn't we all have the chance to achieve it?