



# The Parent Page

Fall 2009

## Problem-Solving Skills— Enhancing Children’s Resilience

By Jennifer Pearson & Darlene Kordich

**Y**oung children need support to develop skills and abilities that will help them solve problems, deal with conflict and bounce back from disappointment. These are life skills that build a child’s self-esteem, a sense of competence and contribute to social and emotional well-being. When children have relationships with responsive adults who model a calm, flexible approach to handling life’s challenges, they learn by example how to face their own frustrations and setbacks.



### Critical Abilities and Resilience

Research shows several critical abilities that help us develop resilience:

- **Being in charge of our emotions**—keeping calm in stressful situations so we can express our feelings in a way that will help rather than hurt the situation;

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“Your community’s **best** source of child care information and resources”

- **Controlling our impulses**—stopping to think before we act, and finding ways to wait, even though we want something right now;
- **Analyzing the cause of problems**—figuring out the “root” of the problem;
- **Empathizing with others**—understanding what it’s like “to walk in their shoes”.
- **Being a “realistic” optimist**—seeing the situation “as it is” and at the same time, keeping a bright outlook by doing what we can to make the best of it;
- **Believing in our competence**—having faith in our ability to tackle life’s problems and bounce back;
- **Reaching out**—asking for help when we need it, offering assistance to others and taking opportunities that present themselves.

### Tips to help children develop resilience

- *Talk “out loud” when facing daily challenges.* “I can’t get the lid off the paste jar. This is frustrating! I’m going to take a few deep breaths and try one more time. There! I did it. Sometimes we just need to calm down a bit when we are having trouble.”
- *Offer a different point of view.* Simon sighed and put the scissors back on the table. “I’m so stupid. I can’t even cut anything.” His mom gently replied, “You’re not stupid. Lots of kids have trouble using scissors at first. You just need a little practice. Remember how proud you felt when you practiced and learned to kick the soccer ball.”
- *Help children see that many disappointments and setbacks are temporary and don’t have to affect their whole day.* For example, when child says, “I never get to play with Kalem. Now my whole day is ruined,” acknowledge his feelings, then gently help him gain per-

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spective. "You really wanted to play with Kalem. It's disappointing because you had so much fun together this morning. Let's get you started on something else that will be fun."

- *Regularly encourage children to talk about the events in their day.* Some children will initially focus only on the negative things that happened to them. Acknowledge the child's feelings about the hard parts of their day and then encourage them to look for the positive parts. Finding these "goodtime nuggets" is one way children can develop a sense of realistic optimism.
- *Give children plenty of opportunities to explore what's causing the problem, how they feel about it and what they can do about it.* Initially, help them to identify the problem and think about possible solutions. "There is a problem here because you both want to play with the same toy. That's making you feel pretty frustrated. Let's think of some ideas to solve the problem."
- *Step back.* Once you've given children structure and guidance to solve problems, it's important to let them try out their solutions and see the results for themselves.
- *Model that making mistakes is simply part of the learning process.* Help them persevere in their problem-solving efforts by showing them that it often takes time and effort to find solutions that work.
- *Foster an "I can do it" attitude in children by giving them accurate and specific feedback that describes their effort and accomplishment, e.g., "You decided to take turns with the fire truck. That's a good solution. Now you both feel happy."*

For more information about promoting children's resilience, visit [www.reachinginreachingout.com](http://www.reachinginreachingout.com).

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## Baby & Me Hiking Club

This hiking club is designed for new parents and their babies (expectant moms are welcome). Enjoy guided moderate level hikes. Parents should have their own comfortable carriers and be able to carry their babies for at least 90 minutes. \$10.00 per series

**When:** Wednesdays, September 16–October 28

**Time:** 10:30 a.m.–12:00 p.m.

**Where:** Belcarra and Minnehkha Regional Parks

**Registration is required. Call 604-432-6359  
[www.metrovancouver.org](http://www.metrovancouver.org)**

## An Autumn Greeting

"Come," said the Wind to the Leaves one day.

"Come over the meadow and we will play.

Put on your dresses of red and gold.

For summer is gone and the days grow cold."

~Anonymous

## Coquitlam Tot and Preschool Health Fair

### Celebrate Family Time



Community partners will be on site to educate, promote and inform parents about safety, health, and recreation for children 0–6 years.

**When:** Friday, October 2, 2009

**Time:** 9:00 a.m. to 12:30 p.m.

**Location:** Pinetree Community Centre, 1260 Pinetree Way, Coquitlam

**For more information call  
Fraser Health Authority at 604-949-7200**

**Coquitlam Centre, the Coquitlam Public Library, School District 43 and the Tri-Cities ECD Committee present:**

## Family Learn and Play Event

Imagine, play and learn through math, stories, song, arts and more! For children 3–10 years old. Children who participate receive a goodie bag filled with a book and lots of fun activities to try at home! Parent supervision is required.

**When:** Last Wednesday of each month

**Time:** 6:00 p.m. to 8:00 p.m.

**Where:** Coquitlam Centre Mall (by The Bay)

Westcoast Family Resources presents

## You Make the Difference

Learn to interact positively with your child through this 9 week education group. Parents will learn skills through discussion, videotapes, and the parent handbook. Find out how you can use music, books, play and your own creativity to strengthen your bond with your child!

**When:** Mondays, September 21–November 23, 2009

**Time:** 6:00–8:00 p.m.

**Where:** Tri-Cities East Neighbourhood Centre  
2062 Manning Ave., Port Coquitlam



## Mother Goose

Enjoy the interactive use of songs, stories and rhymes with your child under 6. Sessions run for 8 weeks.

Please register to join us with your little one at one of the following locations:

**Newport Health Unit** (2nd floor)  
Wednesdays, 10:00–11:30 a.m.  
September 23–November 18, 2009

**Tri-Cities East Neighbourhood Centre**  
Wednesdays, 3:30–5:00 p.m.  
September 23–November 18, 2009

**The Outlet at Leigh Square**  
Thursdays, 6:00–7:30 p.m.  
September 24–November 12, 2009

**To register for any of these free programs  
call 604-603-3316**

## Make the Connection

Monday mornings, Beginning Mid-October

Come play with your child under 6 in a new and exciting series! Learn more about your child's development. What are they learning through play? How can you build their skills, like language, socialization, and problem solving at home and in the community? **Drop in** (no registration necessary) to "Circle of Friends" Central Elementary, 2260 Central, Port Coquitlam and have some fun with your little one!

**For further information contact Catherine Bunce at  
catherine.bunce@vanymca.org or 604-937-1239.**

Step by Step Child Development Society and  
Westcoast Family Resource presents

## Proactive Approaches to Challenging Behaviours

This is a free, informative workshop to help build parent's confidence and skill level in the areas of communication, discipline, consistent parenting and keeping your sanity through the journey of parenting a "spirited" child under 12 years old.

**When:** September 22, 29, & October 6, 2009

**Time:** 6:00–9:00 p.m.

**Where:** East Neighbourhood Centre  
2062 Manning Ave., Port Coquitlam

**Please register at 604-603-3316**

CIBC and the YMCA presents

## Facts and Finance™ Seminar

*This seminar helps newcomers develop personal financial knowledge and skills in the Canadian context.*

### Teaching Your Children about Money

Thursday, September 17, 2009

Parents and caregivers gain helpful tips to teach their children the value of money. Includes strategies for how to save for university education.

**For more information or to register please call  
604-685-8066 or online at  
www.meetup.com/ymca-connections/**

Burnaby Family Life presents

## Fathers' Parenting Program

Topics include modern parenting techniques, how to notice and provide encouragement, modeling affection through communication, and age-appropriate expectations. We will also look at the do's and don'ts of effective discipline. Other topics may be included to meet the specific needs of the attending fathers.

**When:** Thursdays, starting October 29

**Time:** 6:30 p.m.–8:30 p.m. (8 sessions by donation)

**Where:** Metrotown

**To register call 604-659-2205**

**For more services visit [www.burnabyfamilylife.org](http://www.burnabyfamilylife.org)**

# Family Fun!

## Anmore Pocket Farmers Market

Anmore Village Hall (corner of Sunnyside and East Rd)  
Saturdays until the end of September  
10:00 a.m.-2:00 p.m.

The food sold at the market is obtained from local farms and sold on behalf of the farmer, lessening the burden to attend multiple markets.



Local/organic fruits and vegetable, freshly baked bread, delicious jams, honey, salsa & eggs and more are available. Learn more about your role as a consumer in sustainable food systems and have fun!

[www.anmoretimes.com](http://www.anmoretimes.com)

## Treefest 2009

Riverview Hospital Lands, 2601 Lougheed Hwy  
(Beside the Henry Esson Young Building)  
Sunday, September 13  
11:00 a.m.-4:00 p.m.

This free family festival features guided tree tours, nature walks, live entertainment, blackberry tea served in Finnie's Garden, a heritage building walk, food concession and community group displays.

For more information, contact Donna Crosby at 604-290-9910 or email [info@artsconnect.ca](mailto:info@artsconnect.ca)  
[www.rhcs.org](http://www.rhcs.org)

## Paws for a Cause

Lafarge Lake, 1299 Pinetree Way  
Sunday, September 13  
9:30 a.m.-2:00 p.m.

Hosted by the Port Coquitlam BC SPCA Education & Adoption Centre. Enjoy dog agility and obedience, a walk around the lake, ask an expert (vet), dog contests, raffle contest and more! Minimum donation to participate: \$15 per family.



For more information, please contact Suauny at 604-468-4044 or visit [www.sPCA.bc.ca/walk/poco.shtml](http://www.sPCA.bc.ca/walk/poco.shtml)

## Artists on the River

Fraser River Discovery Centre  
New Westminster  
Sunday, September 26  
11:00 a.m.-3:00 p.m.

In celebration of BC Rivers Day and World Rivers Day, The Fraser River Discovery Centre is hosting the 7th Annual "Artists on the River". The theme is rivers and the environment. There will be in-house children's activities as well as a puppet show. There will be guest speakers and entertainment.

[www.fraserriverdiscovery.org](http://www.fraserriverdiscovery.org)

## Halloween on the Heights

Saturday, October 31, 2009

Each year the Heights gets "haunted" with activities for all ages. You can trick-or-treat with Heights merchants, and take a spooky train ride at Confederation Park's Burnaby Central Railway.



## National Child's Day

Friday, November 20, 2009  
Hyde Creek, Port Coquitlam  
3:00 p.m.-5:00 p.m.

Come and celebrate National Child's Day by making (for a small donation) a blue beaded bracelet. Money raised will be helping kids to stay active.

Visit [www.portcoquitlam.ca](http://www.portcoquitlam.ca) or call 604-927-7970

## Seasonal Celebration

Shadbolt Centre  
6450 Deer Lake Avenue, Burnaby  
Thursday, December 3, 5:30 p.m.-8:30 p.m.

This indoor event features creative cross-cultural activities and performances to celebrate this special time of year. Visitors will enjoy a variety of popular hands-on opportunities, such as creating with clay and wreath-making. Spend time "creating" with your family and enjoy the special ambience of the season. Free.



[www.shadboltcentre.com](http://www.shadboltcentre.com)