

Helping Hands, Empowering Resilience:

Supporting Kids and Teens with Compassion
and Confidence

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Presenter



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PPMD's information, resources, and trainings can be made available in languages other than English, including sign language, upon request. Please contact us regarding your translation and interpretation needs.

Our Mission

Our mission is to empower families as advocates and partners in improving education and health outcomes for ALL children with disabilities, special healthcare needs and those impacted by behavioral health challenges.



Who is PPMD?

- Maryland's Special Education, Health, & Behavioral Health Information Center
- Established in 1990
- Governed by parents
- Our team is fully made up of parents and family members of children with disabilities, special healthcare, and behavioral health needs



Workshop Overview

- PPMID mission and Who we are
- Understand resilience as a dynamic, multifaceted process and identify its core components
- Explore and implement practical, evidence-based strategies
- Recognize the vital role of parental modeling, environment, and communication in resilience-building, and learn how to create supportive, strength-based settings.
- Apply resilience-enhancing techniques suited to different developmental stages, so to foster lifelong skills for coping and thriving.

What Is Resilience?

- The ability to recover from difficulties and adapt positively to adversity.
- A caregiver's ability to manage stress, recover from setbacks, and keep functioning through difficult circumstances. Resilient parents can problem-solve under pressure, maintain routines, and stay emotionally healthy while meeting their children's needs.
- Managing stress and functioning well when faced with challenges, adversity and trauma.

Why Is Resilience Critical?

- Supports mental health and emotional well-being
- Promotes academic achievement and social competence
- Builds lifelong coping strategies and self-efficacy



Core Strategies to Cultivate Resilience

- Foster a growth mindset
- Encourage independence and responsibility
- Support problem-solving skills
- Teach emotional regulation
- Promote optimism and positive outlook



Nurturing a Growth Mindset



- Definition: Believing abilities can be developed through effort.
- How to Promote: Praise effort, embrace challenges, normalize mistakes, encourage learning from failure.

Encouraging Age-Appropriate Independence

Allow

Allow children to make decisions suited to their age

Promote

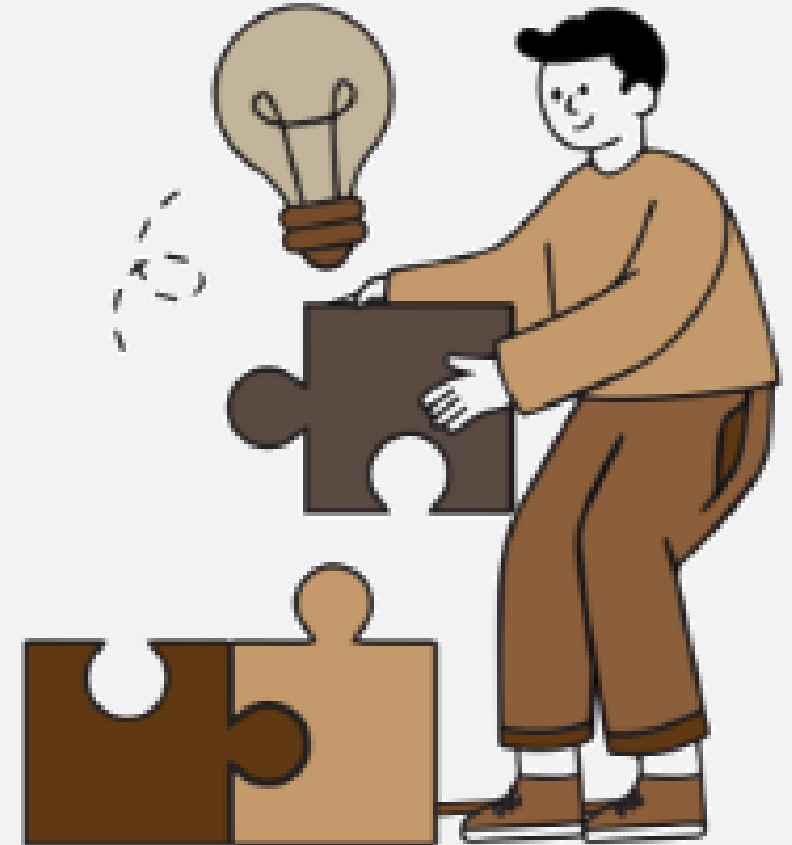
Promote responsibility and accountability

Support

Support taking risks and learning from failures

Supporting Problem-Solving Skills

- Teach step-by-step approaches to challenges
- Encourage brainstorming and planning
- Validate effort and persistence, not just outcomes



Emotional Regulation Techniques



Practice mindfulness and breathing exercises



Recognize and label emotions accurately



Use cognitive reframing to challenge negative thoughts

Fostering Optimism

- Model positive outlooks and hopeful thinking
- Focus on strengths, successes, and progress
- Reframe setbacks as temporary and solvable challenges



The Role of Parental and Caregiver Modeling

- Demonstrate resilience in your own behavior
- Create a supportive, communication-rich environment
- Encourage expressive and reflective dialogue about setbacks
- Model problem-solving, optimism, and emotional regulation



Creating Supportive Environments



Establish routines that promote predictability and safety



Foster open, honest communication

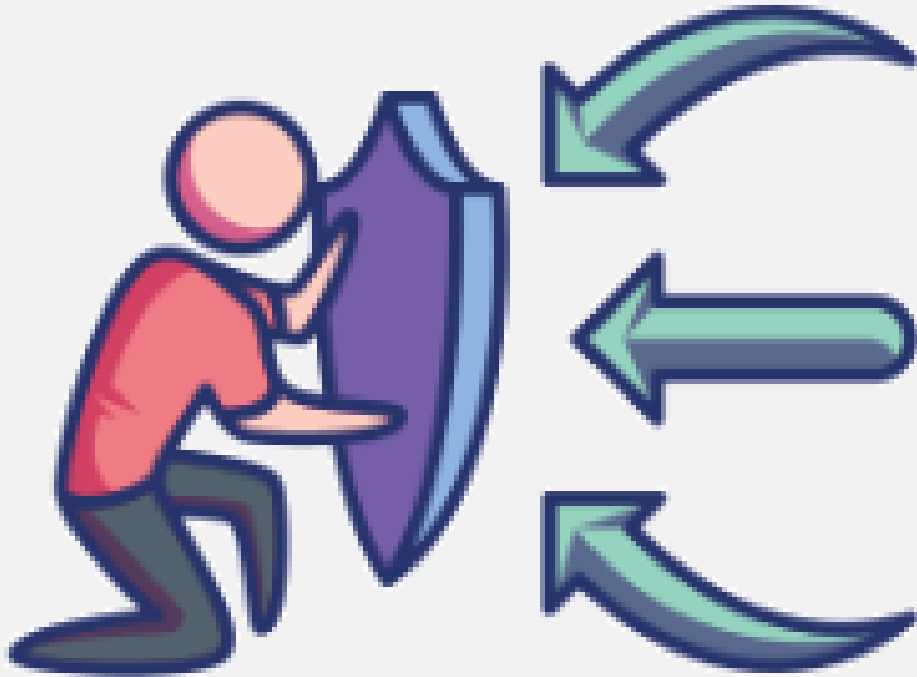


Promote autonomy and decision-making



Celebrate effort and persistence, not just success

Building Resilience Through Strength-Based Approaches



- Focus on children's strengths and assets
- Encourage goal setting and small successes
- Use positive reinforcement to build confidence
- Teach children to reframe challenges as opportunities

Actionable Strategies for Different Developmental Stages

1

Customize resilience-building techniques to age and maturity

2

For young children:
Use stories and play to teach emotional regulation

3

For adolescents:
Encourage goal setting, reflection, and peer support

Practical Tools & Resources



- Journaling and reflection exercises
- Mindfulness and relaxation apps
- Social-emotional learning curricula
- Parent and educator guides for resilience support

Summary & Key Takeaways

- Resilience is a skill that can be developed through intentional practices
- Focus on fostering a growth mindset, independence, problem-solving, emotional regulation, and optimism
- Parental and environmental influences are powerful in shaping resilience
- Tailor strategies to developmental stages and individual needs

Please tell us how we did today!



Scan the QR code with your phone or [click here](#).

THANK YOU!

For more information, or if you have questions, contact us!

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