Raising Resilient Youth

YOU MATTER INC.

Raising Resilient Youth

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Location: Masjid Al-Huda (1081 Irving Park Rd. Schaumburg, IL 60193

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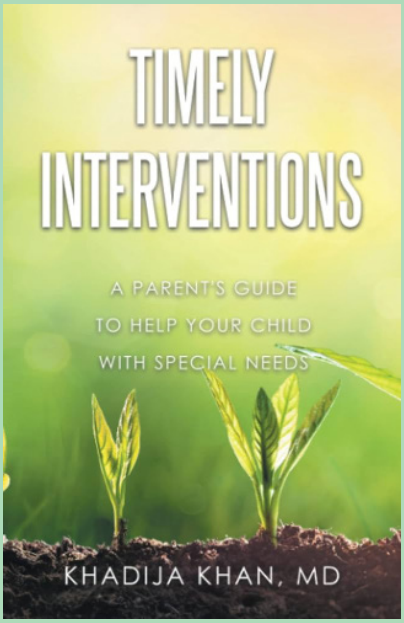
Meet the President

Dr. Khadija Khan is a child and adolescent psychiatrist with over two decades of clinical experience and the author of the book “timely interventions”.She has a private practice in West suburbs where she serves adults, adolescent and children. She is also the president and the founder of You Matter, , Inc. a nonprofit organization that is focused on the sensitive issue of mental health awareness in Muslim youths. You Matter, Inc. is dedicated to provide resources and latest information to our Muslim community in the most convenient and accessible manner.

Dr. Khan believes that providing awareness and education of mental health in adults can support early diagnosis and timely interventions for our youth. Our children are not immune to mental health issues and we need to prepare ourselves to understand it.

This book by Dr. Khadija Khan addresses the distinct medical needs of children with developmental delays, emphasizing timely interventions and a multidisciplinary approach. It offers practical guidance and resources for parents, empowering them with insights into related conditions. Overall, it's a valuable resource for those caring for children with special needs.



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Introduction

Parenting is undeniably the biggest and often hardest challenge in our lives. This task gets even more difficult when navigating raising a family with the complexities of the nuclear family, working parents, migration, special needs of each child, comorbid mental health issues, psychosocial stresses around all of us, and specifically post-COVID times.

It is my hope that through awareness and education with my humble experience as a child psychiatrist, I can make a difference in creating positive, supportive, informed parenting in our communities. Parental education is the best preventive measure for raising emotionally healthy children.

We will review the child's development, various challenges, and how parenting plays an important role in the outcomes.

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Resiliency

Definition

Resiliency is the capacity of an entity to regain its initial form or dimensions after undergoing compression or deformation. In the context of child development, it refers to a child's capability to rebound from adversity without experiencing significant negative effects.

Why does resiliency matter?

Adversities in life are inevitable

Families have had challenges, immigration, job changes, parents' divorce, conflicts, bullying in school, chronic physical and mental health, death/losses, accidents, abuse/neglect, disabilities, and COVID-related losses in the last 3 years....

It is linked to a combination of GENETIC, ENVIRONMENTAL and BEHAVIORAL factors

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Goals of raising resilient youth

Preparing our children to become:

- productive
- kind
- empathic
- self-reliant
- emotionally stable
- self-aware adults
- embodying our moral values

Faith can play a significant role in nurturing their sense of self and providing valuable community support, contributing to their overall growth.

Resilience

Is

- Bouncing back
- Able to feel the feeling, even uncomfortable
- You are allowed to cry and feel SAD when adversity hits you.
- Hallmark of resiliency is POSITIVITY & OPTIMISM

Isn't

- Be TOUGH
- Saying "Don't cry, Shake it off" or
- "Stop thinking like this and you will be fine."

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What comes in the way of Resiliency ?

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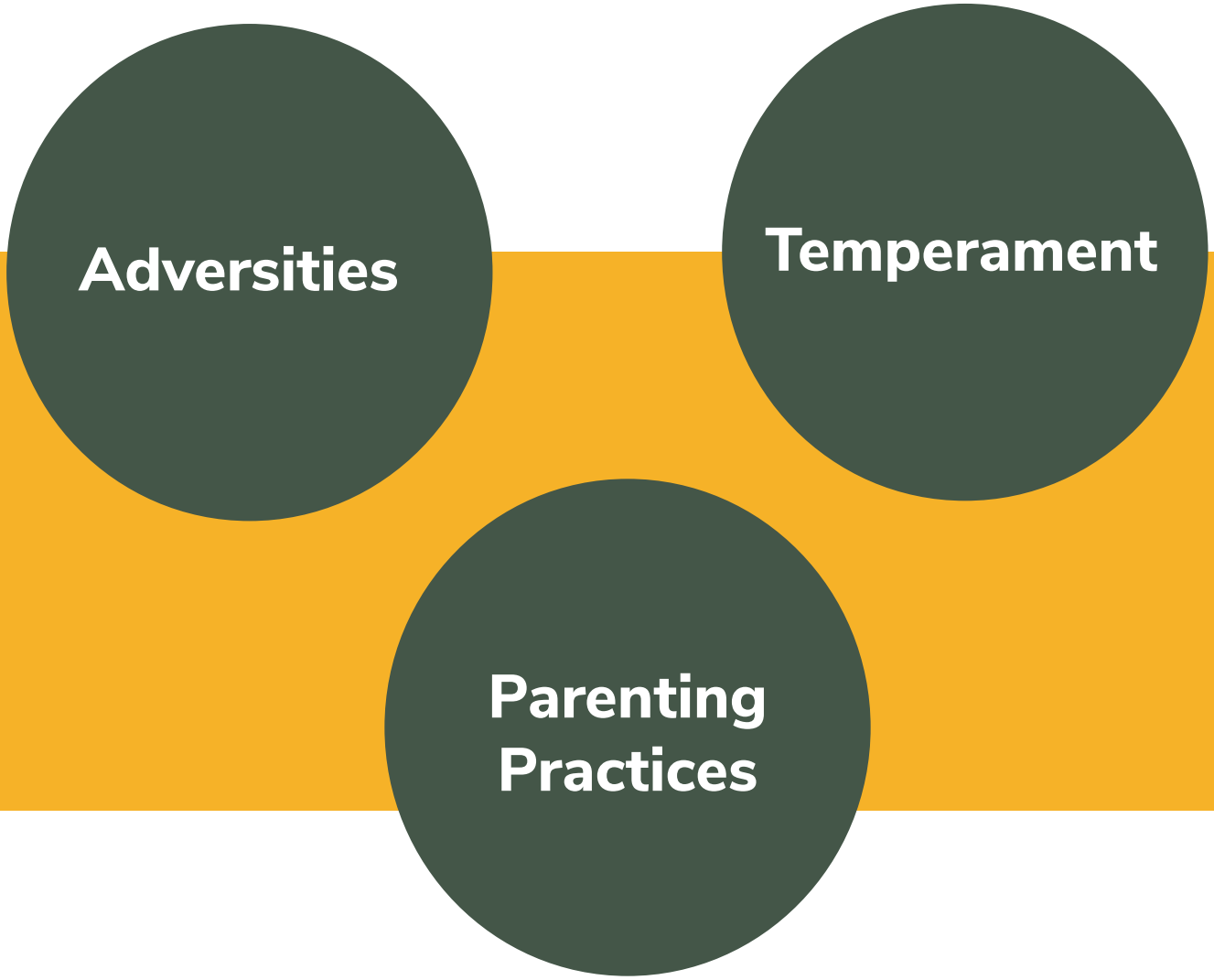
Factors in the way of Resiliency



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Resiliency
is not conisistent

Generally, flexibility, adaptability, and perseverance can help.

Consists of Inner and Outer Factors:

Inner Factors

How someone engages with the world

Specific coping skills

That's why temperament is important

Outer Factors

Availability and quality of social resources

That's why parental interaction is important

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Parenting and Resiliency

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Parenting can be quite challenging, as it involves an active and not a passive approach. It becomes even more demanding when coupled with factors such as limited extended family assistance or the demands of parental work schedules. Life's challenges can further intensify the difficulty.

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Temperament

Largely Inborn; Innate nature of the child (Mizaj)

Can be defined as a biologically based, inherited personality characteristic or a personality trait that involves emotional qualities and affective styles of behavior.

Types of Temperament

Easy Going (about 40% of youth)
Slow to Warm-up (about 15% of youth)
Difficult (about 10% of youth)

Traits of Temperament

Activity
Self Regulation*
Initial Reaction*
Adaptability
Intensity*
Mood
Persistence*
Distractibility
Sensory Threshold

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Temperament Components

Certain components of temperament are associated with better cognitive and learning.

Reactivity, persistence are most useful components for self regulation, makes it easier to learn and achieve in academic setting

Cause or Effect?

Temperament of each child can influence parenting (i.e. children with poor attention can get negative parenting)

Parenting styles can make some temperamental traits more problematic.

The Four Parenting Styles

	Sensitive & Responsive	Stern & Punitive
Demanding	Authoratative	Authoritarian
Doesn't enforce limits	Permissive	Uninvolved

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Know their Temperament

Parenting styles are very important to understand how we as parents are contributing to our children's distress or dysregulation.

Parenting styles are major source of conflicts at home between spouses and across generation(grandparents, in-laws, etc.)

"Goodness of fit" between parents and child

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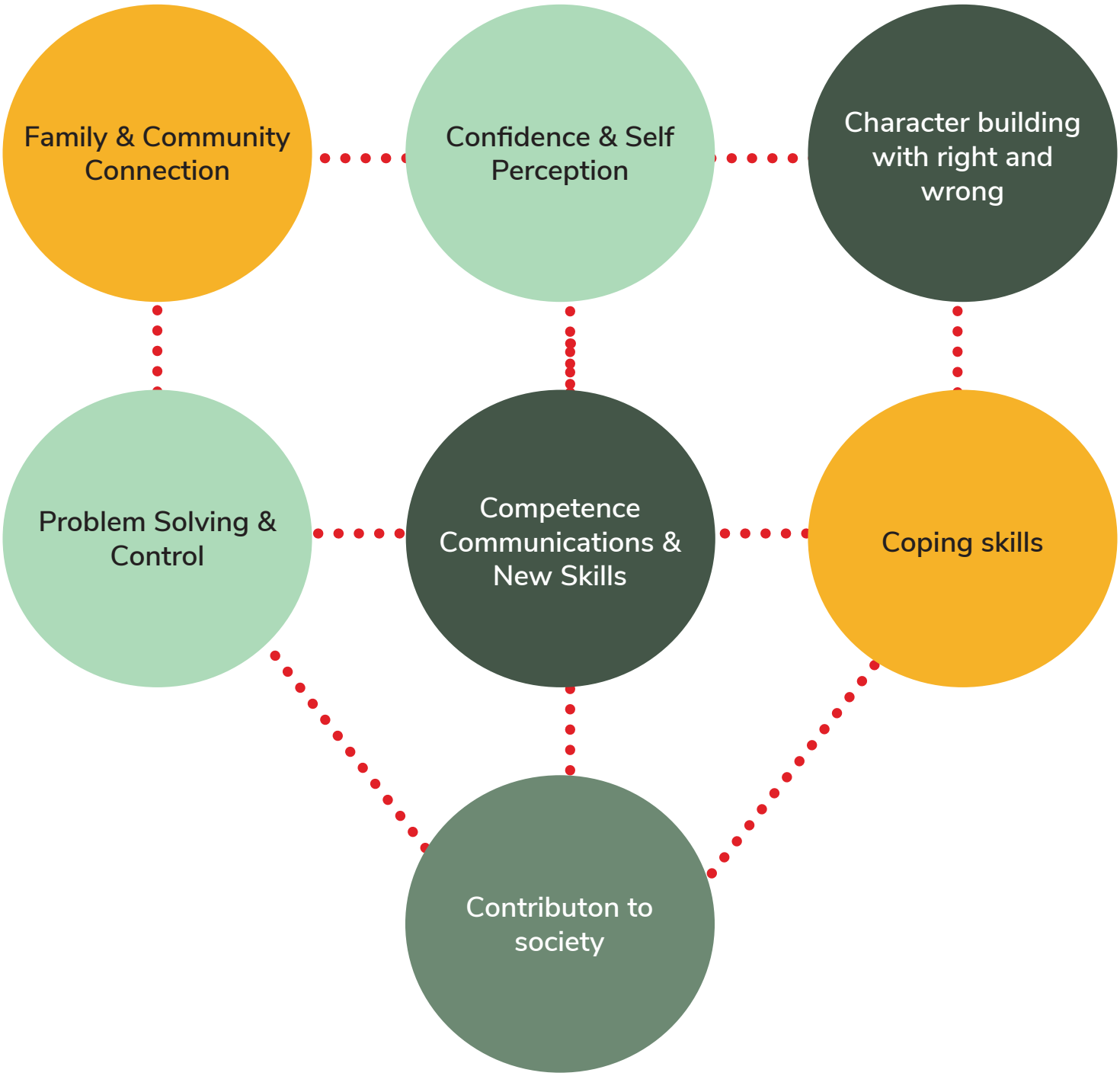
How to promote Resiliency



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Dos

- Praise your child often; praise in the family room but give feedback and criticism in private.
- Be nurturing in your interactions
- Spend time with each child at least 1:1 for 20 minutes daily,
- Pick an activity together.
- Read to your child starting at a young age & listen to them read when they are ready,
- Role model actions you would want done
- Identify your feelings to them
- Switch hats at times with other adults in the home.
- Be honest and expect honesty,
- Say what you mean & do what you said.
- Use humor, not humiliation

Don’ts

- Don’t scold in front of friends or siblings
- Don’t yell or scream
- Don’t show extreme anger towards other people
- Don’t be over-reactive
- Don’t mix consequences with a sense of punishment and bashing
- Don’t use physical harm, pushing, shoving, slapping or punching
- Don’t tell them they let you down for their choices.
- Don’t ask too many questions at the same time
- Don’t criticize their friends.
- Don’t shame them.
- Don’t rub their faults on their faces.

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Thank you !

The learning doesn't end here!
Visit our website to learn more about mental health concerns in children and how you can become an advocate!
www.youmatternfp.org

Scan the QR code to visit the website:

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