HEALTHY CHILD DEVELOPMENT

Six Core Strengths
Jeanine Long, LCPC

VIOLENCE IN CHILDHOOD
- School shootings
- Senseless murders
- Violent imagery in the media
- Violent or unexpected death
- Human caused disasters
- Disturbed and aggressive behavior in young children
- Youth on youth violence
- Severe illness or injury
- Acts of war and/or terrorism
- Threatened death or injury
- Natural disasters

SIX CORE STRENGTHS FOR HEALTHY DEVELOPMENT
HEALTH PROMOTION VS VIOLENCE PREVENTION

- Likelihood for committing violence decreases
- Likelihood for resilience increases
- Useful to parents, caregivers and educators

ATTACHMENT: MAKING RELATIONSHIPS

Signs of struggle:
- Hard time making friends and trusting adults
- May show little empathy for others
- Few friends and disconnected from peers
- Lack emotional anchors needed to buffer violence

Develop and Enhance:
- Mirror Pose
- Shoulder Clock
- Trust Walk
- Back Drawing
- Star Galaxy
- Compliment Game
- Tree Circle

SELF-REGULATION: CONTAINING IMPULSES

Signs of struggle:
- Problems sustaining friendships
- Problems learning and controlling behavior
- More reactive, immature, impulsive
- More easily overwhelmed by threats and violence

Develop and Enhance:
- Deep Breaths, Wood Chopper
- Changing Channels
- Strong Voice
- Personal Space
- Tree Pose
- Calm Voice
**Affiliation: Being Part of a Group**

Signs of Struggle:
- A child who is excluded
- Detached, disengaged and inactive child
- Sad or self-soothing
- Aggressive or violent

Develop and Enhance:
- Compliment Game
- Community Circle
- Circle Poses
- Past/Present/Future
- Trust Walk
- Back Drawing with compliments

**Attention: Being Aware of Others**

Signs of Struggle:
- Lack ability to be aware of others' needs and values
- At risk for developing prejudicial attitudes
- Lack empathy

Develop and Enhance:
- Yes/No game
- Personal space
- Compliments
- Mirror poses
- Trust walk
- Happiness recipe

**Tolerance: Accept Differences**

Signs of Struggle:
- Intolerant child
- Teases or bullies others, teases and bullies
- Creates an atmosphere of exclusion and intimidation

Develop and Enhance:
- Partner poses
- Physically challenging poses
- Compliment game
- Yes/No game
- Communication game
RESPECT: FINDING VALUE IN DIFFERENCES

Signs of Struggle
- Insecure of self esteem
- Quick to find fault with others
- Can be own harshest critic

Develop and Enhance
- Strong voice
- Yes/No game
- Communication game
- Emotions game
- Personal space

CHANGES THE BRAIN/CHANGES RESPONSE SYSTEM

YOU CAN FIGHT ME OR FLIGHT

PROGRAM IMPLEMENTATION

- 6 week program
- Each week parents are taught about one of the core strengths: why it's important, signs of struggle and what they can do to promote the development of the core strength.
- Parents will learn everyday things they can do as well as family yoga poses
NEXT STEPS

- Email
  jlang@td266.org
- Twitter
  @CheneyCounselor
- Facebook
  @JeanMelangeCoaching
- Copies of seven pose pages and how to implement