



RiRO

REACHING IN
REACHING OUT

Reaching IN... Reaching OUT

(RIRO)

promoting resilience
in young children



RIRO is funded by

**THE ONTARIO
TRILLIUM
FOUNDATION**



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DE L'ONTARIO**

Research & product development funded by

Social Development Canada

Social Development Partnerships Program



RIRO training & video content adapted from

The Resilience Factor

by

Karen Reivich, PhD
Andrew Shatté, PhD



Penn Resilience Program (PRP)



Resilience helps us ...

- Steer through adversity
- Overcome childhood disadvantage
- Bounce back from trauma
- Reach out to new opportunities



Resilient people are...

- Healthier & live longer
- Are more successful in school & jobs
- Are happier in relationships
- Are less prone to depression



Our THOUGHTS
about adversity cause
our feelings & behaviour

Ellis, 1962



Thinking Habits



The 3 Ps

- **P**ersonal

Me?

Not me?

- **P**ermanent

Always?

Not always?

- **P**ervasive

Everything?

Not everything?



We can **LEARN** to be more resilient by changing the way we **THINK** about adversity & opportunity



Penn Resilience Program (PRP)

- Handle stress & frustration
- Gain perspective
- Deal with problems, conflict & opportunity
- Prevent / reduce depression

(Reivich & Shatté, 2002)



Resilience Skills

- Calming & Focusing
- ABC Model
- Challenging Beliefs
- Generating Alternatives
- Detecting Iceberg Beliefs



Children's Emerging Thinking Habits

2-3 years

Mimics style of adults

8 years

Has preferred thinking style



RIRO Research Results

Impact of skills on adults & children

- Use skills daily
- Assess, understand & change child behaviour
- Observed behavior changes in children
- Model resiliency skills → any age
- Adapt skills to children → 4 yrs.+
- Children generalized skills
- Improved adult relationships & communication
- Ask children about their thinking



RIRO Skills Training Participants report:

- 95% **use skills** at work once/day to once/week (64% daily use)
- 4.2 rating on **usefulness** of skills to work (on a 5-point scale)
- 100% would **recommend** RIRO training to colleagues



Critical Abilities → Resilience

- Emotional regulation
- Impulse control
- Causal analysis
- Empathy
- Realistic optimism
- Self-efficacy
- Reaching out



Emotional Regulation

- Keep calm under pressure
- Reduce intensity & duration of emotion
- Constructive emotional expression



Impulse Control

- Stop & think before acting
- Delay gratification
- Goal setting / follow through



Causal Analysis

- Analyze problem to get to root cause
- Accurate appraisal



Empathy

- Understand the feelings & needs of another
- Identify feelings / read non-verbal cues



Realistic Optimism

- Positive outlook despite challenging circumstance
- Reality-based
- Positive outcomes
 - Planning
 - Effort
 - Problem-solving



Self-Efficacy

- Perception of competence
- Influence circumstances
- Perseverance



Reaching OUT

- Take life's opportunities
- Ask for support when needed



**Resilience is an
ongoing process**



3 Messages

1. The way we think about stress affects how we handle it.
2. We can learn to be more resilient – resilience is an ongoing process.
3. It's important to model resilient thinking & behaviour with children.



RIRO is sponsored by

The Child & Family Partnership

- YMCA of Greater Toronto
- Child Development Institute
- George Brown College
- University of Guelph



Acknowledgments

- **Casa Loma Child Care Centre**
(George Brown College, Toronto)
- **Family Development Centre**
(YMCA of Greater Toronto)
- **Willowdale Municipal Daycare**
(Wellington County, ON)
- **Cabbagetown Early Learning Centre**
(Child Development Institute, Toronto)



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