

Fostering Resilience in your T1D Family

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Fostering Resilience in T1D Families

Co Creating Activity

- *Pick a partner*
- *Use a take blank piece of paper and pen + draw a picture.*
- *Your turn is done when your pen leaves the paper*
- *Hand paper to your partner to add to the drawing to keep going.*
- *When the picture is done, take turns naming it, with your partner one letter at a time*

- *Discussion*

What is resilience?

- *Resilience is the capacity to withstand + rebound from adversity (1).*
- *Resilient children:*
 - *Tend to be more empathic; good communicators + better problem solvers, interested in school + dedicated to learning (2)*
- *Good news: we all have the potential to be resilient*
 1. Barankin + Khanlou (2008).

What about resilience + T1D?

- *“Diabetes Resilience” = adjust and adapt to challenges and have both positive emotional + physical + behavioural outcomes (1)*
- *Resilience in Youth with T1D (2, 3)*
 - *Associated with better glycemic control*
 - *Lower depressive symptoms*
 - *Increased quality of life*

What about T1D + Resilience?

- *Diabetes resilience is fostered by (1, 2, 3) =*
 - *supportive family communication*
 - *collaborative parent involvement*
 - *diabetes self-efficacy*
 - *adaptive problem-solving skills*

Supportive Family Communication

Practical Examples

- *How does your family talk about diabetes?*
 - *Diagnosis Story?*
 - *Reframe with humour? The Bent Needle Story*
 - *“We didn’t give up until we found an answer”*
 - *Day to day language:*
 - *Test vs. Check*
 - *Good / Bad vs. In range/Out of range / Achieved target*
 - *Control vs. Self Care or Diabetes Management*
 - *Reward the behaviour, not the result*

Supportive Family Communication

Practical Examples

□ *Oscillating Narrative:*

□ *“Today wasn’t a great day, but tomorrow will be better”*

□ *“Sometimes we focus on what I don’t like, like checking blood sugars, because that is how I am going to achieve my goal of lowering my HbA1C. We are in this together”*

Supportive Family Communication Growth Mindset vs. Fixed Mindset



Supportive Family Communication

Growth Mindset vs. Fixed Mindset

<i>Growth Mindset</i>		<i>Fixed Mindset</i>
Come from hard work Can always improve	Skills	Something that you are born with / fixed
Should be embraced An opportunity to grow More persistent	Challenges	Something to avoid Could reveal lack or skill Tend to give up easily
Essential A path to mastery	Effort	Unnesscary Something you do when you are not good enough
Useful Something to learn from Identify areas to improve	Feedback	Get Defensive Take it personally
Use as a wake up call to work harder next time	Setbacks	Blame Others Get discouraged

Parent Mindset Reflection Tool

Mindset For Parents (Ricci + Lee)

- *Your child gets nervous and does not do as well as you expected during a performance or an event. You say:*
 - a) You were terrific!*
 - b) It wasn't your best performance. I could tell you were a little nervous.*
 - c) I can tell you are not happy with your performance. What do you think you can do to be ready the next time so you will feel more confident?*

Which one foster a Fixed, Growth, or Neutral Mindset?

Parent Mindset Reflection Tool

Mindset For Parents (Ricci + Lee)

- *You notice your child is struggling with a task.*
You:
 - a) Distract her with a different task.*
 - b) Let her know that struggle is okay.*
 - c) Help her with the task.*

Which one foster a Fixed, Growth, or Neutral Mindset?

PARENT'S GUIDE TO A GROWTH MINDSET

Big Life Journal

www.biglifejournal.com

PRAISE

FOR:
EFFORT
STRATEGIES
PROGRESS
HARD WORK
PERSISTENCE

RIISING TO A CHALLENGE
LEARNING FROM A MISTAKE

NOT FOR:

BEING SMART
BORN GIFTED
TALENT
FIXED ABILITIES
NOT MAKING MISTAKES

SAY:

"YOU TRIED VERY HARD AND YOU USED THE RIGHT STRATEGY!"
"WHAT A CREATIVE WAY TO SOLVE THAT PROBLEM."

THE POWER OF "NOT YET"

SAY:

"YOU CAN'T DO IT YET",
"YOU DON'T KNOW IT YET."
"BUT IF YOU LEARN AND PRACTICE, YOU WILL!"



GROWTH MINDSET

YOU CAN GROW YOUR INTELLIGENCE

VS

FIXED MINDSET

YOU CAN'T IMPROVE NATURAL ABILITIES YOU WERE BORN WITH



BRAIN CAN GROW

SAY:

"YOUR BRAIN IS LIKE A MUSCLE. WHEN YOU LEARN, YOUR BRAIN GROWS. THE FEELING OF THIS BEING HARD IS THE FEELING OF YOUR BRAIN GROWING!"



FAILURES AND MISTAKES = LEARNING

SAY:

"YOU CAN LEARN FROM YOUR MISTAKES."
"MISTAKES HELP YOU IMPROVE."
"LET'S SEE WHAT OTHER STRATEGIES YOU CAN TRY."



ASK

"WHAT DID YOU DO TODAY THAT MADE YOU THINK HARD?"
"WHAT NEW STRATEGIES DID YOU TRY?"
"WHAT MISTAKE DID YOU MAKE THAT TAUGHT YOU SOMETHING?"
"WHAT DID YOU TRY HARD AT TODAY?"



RECOGNIZE YOUR OWN MINDSET

BE MINDFUL OF YOUR OWN THINKING AND OF THE MESSAGES YOU SEND WITH YOUR WORDS AND ACTIONS.

Resilience + T1D

- *Praise for effort, strategies, progress no matter how small*
 - *Teen + Time In Range*
- *Failures + Mistakes*
 - *Learning Happens, Double Check That Carb Count*
- *Be Mindful of your own Mindset + Be Kind To Yourself*

Fostering Resilience in T1D: Wise words for adults + children

“Somehow we’ve come to equate success with not needing anyone. Many of us are willing to extend a helping hand but we’re very reluctant to reach out for help when we need it ourselves. It’s as if we’ve divided the world into “those who offer help” and “those who need help”. The truth is that we are both.”

- Dr. Brene Brown

Discussion & Questions

Individual + Family Factors That Promote Resilience

Individual

Temperament

Learning Strengths

Feelings + Emotions

Self Concept

Way of thinking

Adaptive Skills

Social Skills

1. Barankin + Khanlou (2008).

Family

Attachment

Communication

Parenting Relations

Parenting Style

Support Outside

the Family