

*All Kids Can Thrive:  
Nine things kids need  
from their parents*

**Frontenac Family of  
Schools  
Kingston, Ontario**

**Michael Ungar, Ph.D.**

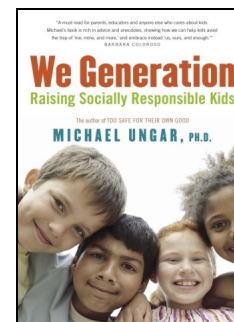
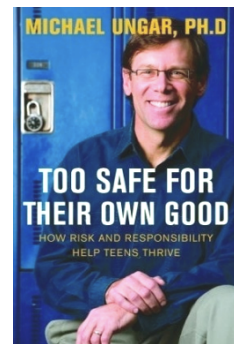
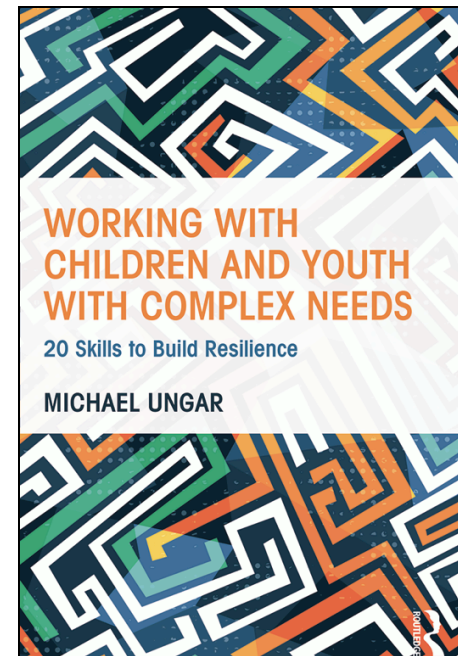
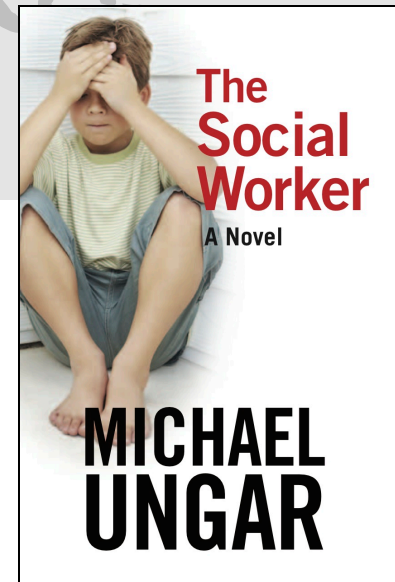
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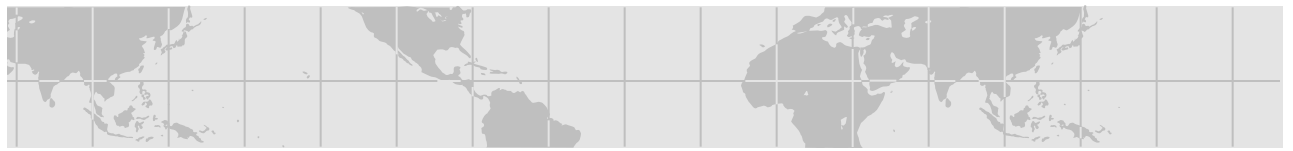


**What risks did  
you take  
growing up?**

**Taking those  
risks, what did  
you learn?**

**Were those  
lessons helpful,  
unhelpful, or  
both?**

**How will  
today's children  
learn these  
same lessons?**



# *Nine Things All Children Need*

1. Structure
2. Consequences
3. Parent-child connections
4. Lots and lots of strong relationships
5. A powerful identity
6. A sense of control
7. A sense of belonging/  
spirituality/life purpose
8. Rights and responsibilities
9. Safety and support



# *Personality Traits and Resilience*

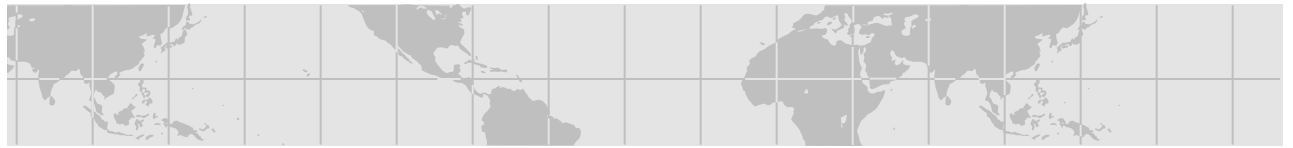
## ✚ The Big Five Personality Traits

- ✚ Openness (appreciation for the unusual, creative, adventuresome)
- ✚ Conscientiousness (self-discipline and living up to expectations of others)
- ✚ Extraversion (enjoys engagement with the world, activities)
- ✚ Agreeableness (preference for getting along with others)
- ✚ Neuroticism (intense, negative emotions like anxiety, frustration, depression)



## *Is there a fit?*

- ✚ Does a child's environment match the child's needs?
- ✚ Even a positive disposition can be a disadvantage in the wrong environment
  - ✚ When being abused
  - ✚ When being bullied, or marginalized



*It is always better to offer  
children **substitute** ways of  
getting the 9 things they  
need... than trying to **suppress**  
their troubling behaviours*

*(The still face experiment)*

*Thank you!*

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