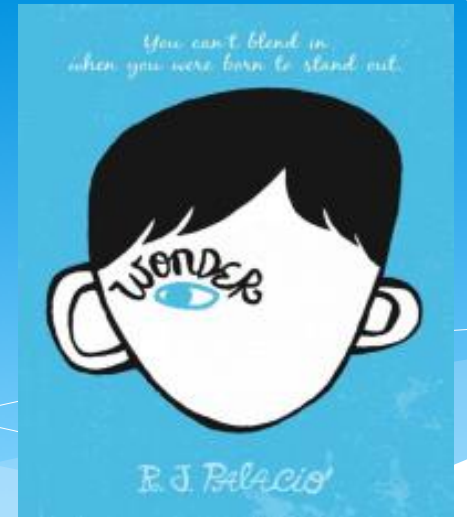


# Healthy Parenting Children with a Facial Difference

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# Wonder



- \* Has brought positive attention to the issues faced by people with facial differences and the ways created by the reaction to facial differences
- \* Real life stars: Jono Lancaster (Love me, Love my face)



# The Story we make

- \* Imagining and dreaming can affect outcomes
- \* A healthy narrative promotes courage and confidence to try new things.
- \* These stories include understanding difference and sameness, withstanding hardship, overcoming obstacles, developing armor, finding skills and beliefs, and the importance of friends and family.
- \* Points of opportunity are a challenge but may make for more individual and creative life stories.

# Destination Postcards

A blank destination postcard template. The card is oriented vertically. On the right side, there is a circular area for a stamp and a rectangular area with a scalloped border for a postage stamp. Below these, the text "TO:" is followed by three horizontal lines for an address. On the left side, there are three horizontal lines for a return address. In the center, the words "Name", "Block", and "Date" are stacked vertically, each followed by a horizontal line for the respective information.

# Destination Postcards

- \* Easier to get where we want to if you know where you are trying to go
- \* Easier to get started if you have a good first step

# Creating a healthy narrative

- \* Self esteem- the way you think about yourself as a person
- \* Recognizes your character, qualities, skills and accomplishments.
- \* When you feel positively about yourself, you accurately judge views of others towards you.
- \* When you feel negatively about yourself, you may inaccurately judge views of others towards you.

# Growing Up

- \* Development alters the story.



## \* Preschool awareness



## \* Entering the world- School Age





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# More Development

- \* Surgery
- \* Teen romance, college, job choice- a new entry to the world.

# Dealing with Social Situations

- \* Different at different developmental times
- \* More people are positive than not.
- \* Be an upstander not a bystander
- \* Friends!

# Staring

- \* Increase in staring in novel situations
- \* Staring and Questions- difference between cruelty and curiosity
- \* About Face School Program

# Staring- What do I do?

- \* Keep confident.
- \* Eye contact (nose).
- \* Look and smile. Make neutral comment about the weather or say hi.
- \* Stare back.
- \* You have the right to not talk about it. Don't always have to be polite. Walk away. Turn around.

# Questions

- \* How did it happen?
- \* Can I catch it?
- \* What is it?
- \* Does it hurt?
- \* Will it go away?



# PYA

- \* Prepare Your Answer
- \* Can't control others but can control yourself
- \* People are predictable!
- \* Speak confidently- show you have no reason to be embarrassed or ashamed
- \* Consider the age/ development of the person you are speaking with. Young children, and impaired adults, often say inappropriate things. Give simple straightforward answers (“My mouth wasn't finished growing when I was born”)

# PYA 2

- \* Describe with neutral or positive words. “It’s my birthmark.”
- \* Say only what you feel comfortable saying.
- \* “I’ve told you once and I am not talking about it again.”
- \* “I do not feel comfortable answering your question.”
- \* Role play walking away. You don’t have to be polite to impolite people.
- \* The PYA needs to be revised as you get older.

# Lizzie Velasquez

\* Lizzie Velasquez Ted talk 4:54- 6:32

# Teasing/Bullying

- \* Take advantage of anti- bullying climate
- \* Increase in teasing in elementary school (need more upstanders)
- \* Why ignoring alone is not the best solution
- \* Bullies seek a reaction- Whose opinion is more important: The bully's or mine?
- \* Build armor. (visualizations, friends)
- \* Reframing: “Yeah I have glasses”
- \* PYA- Consider when you should tell.

# Video

- \* Responding to bullies
- \* Matt tv Boy getting bullied how strangers react

# When feeling vulnerable about body image, a person may...

- \* Avoid social encounters
- \* Use clothing to conceal a difference
- \* Use hostility to keep others away
  
- \* Use friendliness to put others at ease
- \* Use humor
- \* Take the initiative to guide interactions
- \* Practice a variety of strategies based on reading the situations

# Expressing Agency: What actions can we take?

Things I do to deal with hurtful situations are...

One thing I do to take care of myself when things happen that are hurtful is...

One thing I do to feel better about myself is...

# Strategies

- \* Avoid: Getting angry, withdrawing, punishing, not sleeping, not eating, and engaging in risky situations
- \* Do: Focus on what you like about yourself
- \* One small thing for yourself
- \* Carry a mantra or special object
- \* Encourage yourself
- \* Put up positive images where you can see them



# Promoting a Positive Identity

Story of myself. A positive and realistic story matters.

- \* Parental healthy perspectives matter. From early on talk about all kinds of sameness and difference.
- \* Body Image.
- \* The whole picture of a person is multifaceted.

# Gratitude, “I did it” and Happiness Lists

- \* Importance to mental health
- \* Use Positive self talk
- \* Spend time with people who love you
- \* Do good for others
- \* Kind ways to treat yourself: choose fun things, have a treat (not only food) every day, forgive yourself, do something good for your body, do something good for your brain, talk to someone you care about

# How is Self Esteem Built?

- \* Set goals and reach them.
- \* Find unique qualities and interests.
- \* Who am I?
- \* What do I believe?
- \* What am I good at?
- \* Know yourself
- \* Positive self talk

# Positive Mental Health

- \* Effects of surgery.
- \* Allow children to begin to contribute to medical decisions.
- \* Changes as child grows up. Simple explanations.
- \* Everyone needs: To build skills to deal with frustrations, to engage in health promoting activities (exercise, sleep, eating well, everyday successes, time with friends and family)
- \* Find own style.

# Practice Kind Talk

- \* Being Polite: (“Could you please hand me some pizza?”)
- \* Giving compliments
- \* Giving support to friends
- \* Doing favors
- \* Positivity is constructive. Positivity creates hope and sense of being able to manage the world. It is especially important to use positivity in negative situations.

# Coping with anxiety

- \* Anxiety is rampant in our culture
- \* Add in feeling/ looking different
- \* Dealing with responses from strangers
- \* Need for medical intervention
- \* Mark Twain: “I am an old man and have faced many troubles but most of them have never happened.”

# Dealing with Procedures

- \* Appearance change is tough
- \* Dealing with pain
- \* Procedural support

# Where Do We go From Here?

- \* Think about ways things will change as a result of new information
- \* What will you try?
- \* What is your destination postcard?
- \* How will things be different in one month? One year?



# Joining Together

- \* Find your people- maybe here!
- \* Talk and make sense of the world together.
- \* Lessons I have learned!