

Resilience / Vulnerability Matrix

(Calder, M 2006)

Variables

- Timing and age
- Multiple adversities
- Cumulative protectors
- Pathways
- Turning points
- A sense of belonging

Resilience

- Good attachment
- Good self-esteem
- Sociability
- High IQ
- Flexible temperament
- Problem-solving skills
- Positive parenting
- Attractive

Interventions

- Strengthen protective factors and resilience
- Reduce problems and address vulnerability
- Achieve initial small improvements

Resilient child High adversity

Adversity

- Life events / crisis serious
- Illness loss / bereavement /
- Separation / family breakdown
- Domestic violence
- Asylum seeking status
- Serious parental difficulties e.g. drug abuse / alcohol misuse
- Parental mental illness

Resilient child Protective environment

Protective environment

- Good school experience
- One supportive adult special help with behavioural problems
- Community networks
- Leisure activities
- Talents and interests

Vulnerable child High adversity

Vulnerability Resilience

- Poor attachment
- Minority status
- Young age
- Disability
- History of abuse innate characteristic in child / family which threaten / challenge development
- A loner / isolation
- Institutional care
- Early childhood trauma communication differences
- Inconsistent / neglectful care

Vulnerable child Protective environment