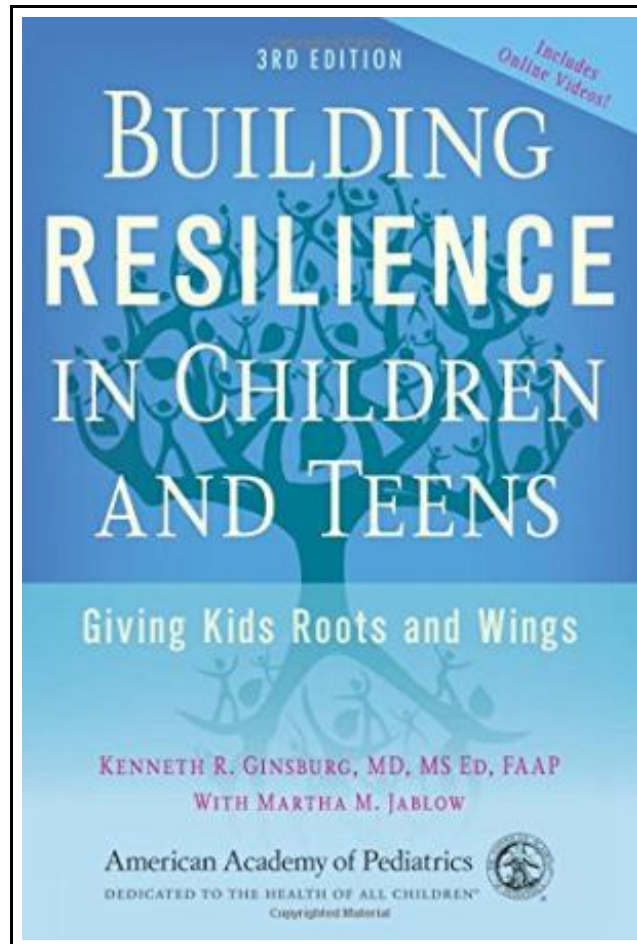


Building Resilience in Children and Teens: Giving Kids Roots and Wings



Filesize: 2.2 MB

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(Taylor Medhurst)*

BUILDING RESILIENCE IN CHILDREN AND TEENS: GIVING KIDS ROOTS AND WINGS

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American Academy of Pediatrics. Paperback. Book Condition: New. Paperback. 330 pages. Dimensions: 9.0in. x 6.0in. x 0.7in. This award-winning guide from bestselling author and pediatrician Dr. Ken Ginsburg guides parents and other caring adults how to help kids from the age of 18 months to 18 years build the seven crucial Cs--competence, confidence, connection, character, contribution, coping, and control. These are the critical ingredients young people need to bounce back from life's challenges and thrive far into the future. This invaluable book will guide you how to put into place the parenting style and communication strategies that will prepare your child for a meaningful and successful life. It provides a wide range of tactics, including building on children's natural strengths, fostering their hope and optimism, guiding them to avoid risky behaviors, and teaching them the lifelong necessity of caring for their physical and emotional needs. Building Resilience directly addresses how adolescents sometimes respond to stress by either indulging in unhealthy behaviors or giving up completely. It offers detailed coping strategies to help children and teens deal with stress due to academic pressure, high achievement standards, media messages, peer pressure, and family tension. Equipped with these strategies, our children will be more likely to be poised for success and less likely to turn to the dangerous quick fixes we fear. This edition includes new content on the topics of strengthening grit, changing one's perception of stressors so we can better manage them, and building the kind of family that will honor each individual's independence while striving towards creating the interdependence that keeps us healthy and connected. Also included are 15 cloud-based parent videos with the option to purchase over 100 more. This leading-edge multimedia format will allow you to better share resilience-building strategies with your spouse, teens, or community school organizations. This item ships from...

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