



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

By M. D. Kenneth R. Ginsburg Md Faap

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...



READ ONLINE
[7.2 MB]

Reviews

This ebook may be worth purchasing. It really is rally intriguing throug looking at period. You will not really feel monotony at at any moment of your time (that's what catalogues are for regarding if you question me).

-- Agnes Jerde

Without doubt, this is the very best operate by any writer. I could possibly comprehended every little thing out of this created e pdf. Your daily life period will likely be convert as soon as you full reading this ebook.

-- Lauryn Ledner

You May Also Like



Scholastic Discover More My Body

Scholastic Reference. Hardcover. Book Condition: New. Hardcover. 32 pages. Dimensions: 9.1in. x 7.7in. x 0.6in. Scholastic Discover More is a revolutionary new nonfiction line pairing stunning print books with corresponding interactive digital books that extend the learning online. MY BODY unlocks a free...



DK Readers Day at Greenhill Farm Level 1 Beginning to Read

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in. This Level 1 book is appropriate for children who are just beginning to read. When the rooster crows, Greenhill Farm springs to life. Join the ducklings, cows, and...



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...



Kindle Fire Tips And Tricks How To Unlock The True Power Inside Your Kindle Fire

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 52 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. Still finding it getting your way around your Kindle Fire Wish you had the answers to all your frequently asked...



Too Old for Motor Racing: A Short Story in Case I Didnt Live Long Enough to Finish Writing a Longer One

Balboa Press. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. We all have dreams of what we want to do and who we want to become. Many of us eventually decide it is too late; we have missed...



The Mystery at Motown Carole Marsh Mysteries

Carole Marsh Mysteries. Paperback. Book Condition: New. Randolyn Friedlander (illustrator). Paperback. 32 pages. Dimensions: 11.1in. x 8.7in. x 0.0in. When you purchase the Library Bound mystery you will receive FREE online eBook access! Carole Marsh Mystery Online eBooks are an easy, effective, and...