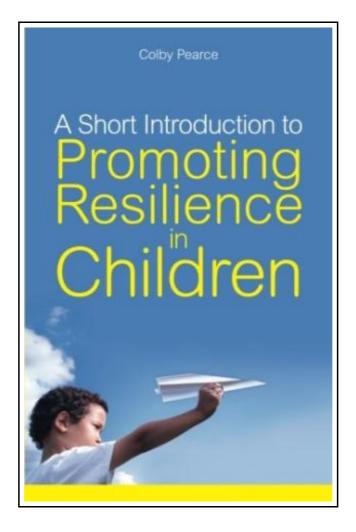
# A Short Introduction to Promoting Resilience in Children



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### Reviews

Complete guide! Its such a excellent read through. It is full of wisdom and knowledge I am very happy to inform you that here is the very best pdf i have got study inside my very own daily life and might be he very best pdf for possibly.

(Mr. Ronaldo Kulas)

#### A SHORT INTRODUCTION TO PROMOTING RESILIENCE IN CHILDREN



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Jessica Kingsley Publishers. Paperback. Book Condition: New. Paperback. 112 pages. Dimensions: 8.3in. x 5.4in. x 0.5in.A childs capacity to cope with adversity and stand on their own two feet is seen as critical to their development, well-being, and future independence and success in adulthood. Psychological strength, or resilience, directly affects a childs capacity to cope with adversity. This book provides a succinct, accessible and clear guide on how to promote resilience in children and achieve positive developmental outcomes for them. The author covers three key factors that affect resiliency: vulnerability to stress and anxiety, attachment relationships, and access to basic needs. For each, the author presents practical advice and strategies, such as how to regulate childrens stress and anxiety, how to encourage and maintain secure attachments, and how to assure children that their needs are understood and will be met. The model presented will help parents and carers ensure their children grow up happy, healthy and resilient. This book will be invaluable for parents, carers and practitioners in supportive roles caring for children. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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