



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

Kenneth R. Ginsburg MD FAAP

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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 "C's"--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.

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David Boggs:

Now a day folks who Living in the era just where everything reachable by match the internet and the resources inside can be true or not call for people to be aware of each info they get. How individuals to be smart in receiving any information nowadays? Of course the answer is reading a book. Examining a book can help folks out of this uncertainty Information especially this Building Resilience in Children and Teens: Giving Kids Roots and Wings book because this book offers you rich data and knowledge. Of course the information in this book hundred per-cent guarantees there is no doubt in it as you know.

Jeffrey Martinez:

A lot of people always spent their very own free time to vacation as well as go to the outside with them friends and family or their friend. Did you know? Many a lot of people spent many people free time just watching TV, or perhaps playing video games all day long. If you wish to try to find a new activity this is look different you can read some sort of book. It is really fun in your case. If you enjoy the book that you read you can spent 24 hours a day to reading a publication. The book Building Resilience in Children and Teens: Giving Kids Roots and Wings it is very good to read. There are a lot of people that recommended this book. These people were enjoying reading this book. Should you did not have enough space to develop this book you can buy the actual e-book. You can m0ore effortlessly to read this book through your smart phone. The price is not to fund but this book has high quality.

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