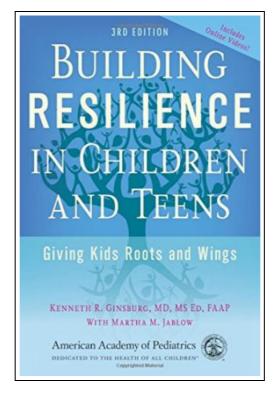
Building Resilience in Children and Teens: Giving Kids Roots and Wings



Filesize: 7.89 MB

Reviews

If you need to adding benefit, a must buy book. it was writtern really perfectly and beneficial. You may like the way the author create this ebook.

(Rebekah Becker)

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



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 Ginsburgguides 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 lifes 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 childrens 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 ones perception of stressors so we can better manage them, and building the kind of family that will honor each individuals independence while striving towards creating theinterdependence 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 communityschool organizations. This item ships from...



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

You May Also Like



50 Fill-In Math Word Problems: Algebra: Engaging Story Problems for Students to Read, Fill-In, Solve, and Sharpen Their Math Skills

Scholastic Teaching Resources. Paperback / softback. Book Condition: new. BRAND NEW, 50 Fill-In Math Word Problems: Algebra: Engaging Story Problems for Students to Read, Fill-In, Solve, and Sharpen Their Math Skills, Bob Krech, Joan Novelli,...

Download PDF »



Klara the Cow Who Knows How to Bow (Fun Rhyming Picture Book/Bedtime Story with Farm Animals about Friendships, Being Special and Loved. Ages 2-8) (Friendship Series Book 1)

Createspace, United States, 2015. Paperback. Book Condition: New. Apoorva Dingar (illustrator). Large Print. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Klara is a little different from the other...

Download PDF »



Depression: Cognitive Behaviour Therapy with Children and Young People

Taylor Francis Ltd, United Kingdom, 2009. Paperback. Book Condition: New. 242 x 174 mm. Language: English . Brand New Book. In recent years there has been an increase in research into childhood depression, and it...

Download PDF »



Everything Ser The Everything Green Baby Book From Pregnancy to Babys First Year An Easy and Affordable Guide to Help Moms Care for Their Baby And for the Earth by Jenn Savedge 2009 Paperback

Book Condition: Brand New. Book Condition: Brand New.

Download PDF »



The Next Seven Years: A Guide to Help Kids Be Non-Buzzkill, Unicorn Riding, Stand Up Christian Teens.

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Ready to have The Talk with your soon-to-be Teenager? No, of course not....

Download PDF »