

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. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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