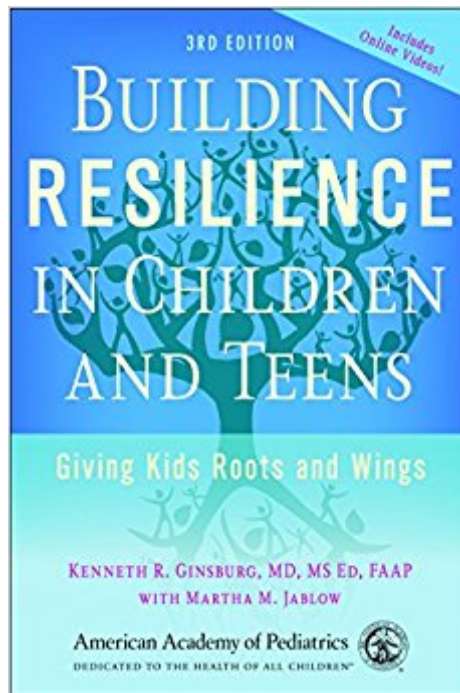




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# Building Resilience In Children And Teens: Giving Kids Roots And Wings



## Synopsis

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.

## Book Information

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## Customer Reviews

Previous Editions Have Earned: The 2011 Book of the Year; Gold Award for Parenting, ForeWord Reviews The 2011 Awards for Parenting Books, The Silver Award, eLit Awards The 2013 Nautilus Book Awards, Silver Award See Second edition for reviews.

Kenneth R. Ginsburg, MD, MS Ed, FAAP, is a professor of pediatrics at the University of Pennsylvania School of Medicine and practices adolescent medicine at The Children's Hospital of Philadelphia. He is author of "Building Resilience in Children and Teens: Giving Kids Roots and Wings," "Raising Kids to Thrive: Balancing Love with Expectations and Protection with Trust," and "Letting Go with Love and Confidence." He is also the author of the comprehensive multimedia professional publication, "Reaching Teens: Strengths-Based Communication Strategies to Build Resilience and Support Healthy Adolescent Development." He works directly with adolescents and their families as well as regional and national youth development organizations to develop and apply strategies to promote positive development. He is the father of 2 children and lives in Philadelphia. See [fosteringresilience.com](http://fosteringresilience.com) for details.

When my kids were younger, I was one of those parents who bought just about every parenting book there was, starting with *What to Expect While You're Expecting* and several a year after that. As they got older I felt I knew a lot more so didn't read many. Now they're 12 and 15 and this is one of the first parenting books I've read in a couple of years. Worth the wait. This really is a good book for the parents of tweens and teens. The author gives specific advice based on age group, so he's not telling you to do things the same for an 8 year old that he would for a 16 year old. Although the focus is on resilience, it's also really helped my relationship with my 15 year-old as well. I never realized how much I "lectured" until I read this book, but now I know what to do instead and it really has changed how I communicate with my daughters in a positive way. My 15 year-old has actually started having conversations with me instead of giving me one word answers! Great book, but don't wait til your kids are tweens or teens to read it!

I wish I had read his books when my child was about 3, then again at 8, then again at 12.

I recommend this book for educators especially. It has so much guidance for us as we work with

families and their children! Excellent guides and directions.

Great book for parents and professionals. I used a lot of the information and altered how I work with children with great results.

Amazing. This book really helped me to understand that it doesn't matter how much information I am putting into my child's brain if he is not persistent resilient and strong willed he will not succeed. That's what we need to work on.

Great book.

I haven't finished it yet, but love it so far. So many of the concepts are, in many ways, common sense, but so easy to forget or overlook. It's a great book for finding a good balance between protecting our kids from safety dangers, while letting them become confident, competent adults. My girls are only 1, but I can already put some of it into action and I suspect I will be re-reading this as they grow!

This book gives amazing and simple examples of compare and contrast of how to handle situations and a child's perspective. It has literally already helped me in so many ways with my emotional 11-year-old.

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