



# **A Short Introduction to Promoting Resilience in Children (JKP Short Introductions)**

*Colby Pearce*

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A child's 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 child's 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 children's 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.

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