



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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George Marsh:

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Juan Higgins:

A lot of people always spent their own free time to vacation as well as go to the outside with them household or their friend. Do you know? Many a lot of people spent they will free time just watching TV, as well as playing video games all day long. If you wish to try to find a new activity honestly, that is look different you can read a new book. It is really fun for you personally. If you enjoy the book that you read you can spent all day long to reading a reserve. The book A Short Introduction to Promoting Resilience in Children (JKP Short Introductions) it doesn't matter what good to read. There are a lot of people who recommended this book. These folks were enjoying reading this book. Should you did not have enough space to create this book you can buy the actual e-book. You can m0ore simply to read this book from a smart phone. The price is not too costly but this book possesses high quality.

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