



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

*M.D. Kenneth R. Ginsburg MD FAAP*

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**Please be aware this page is for the second edition. The book is now available in an updated third edition which includes videos.**

Confronting the overwhelming amount of stress kids face today, this invaluable guide offers coping strategies for facing the combined elements of academic performance, high achievement standards, media messages, peer pressure, and family tension.

The handbook acknowledges that adolescents commonly survive stress by either indulging in unhealthy behaviors or giving up completely, and its suggested solutions are aimed at strengthening resilience. The proposed plan enables kids from the age of 18 months to 18 years to build the seven crucial "C's"-- competence, confidence, connection, character, contribution, coping, and control--needed to bounce back from challenges.

A variety of approaches are featured such as building on natural strengths, fostering hope and optimism, avoiding risky behaviors, and taking care of oneself physically and emotionally. With new chapters on perfectionism, the negative portrayal of teens, military families, and what parents can do when resilience has reached its limits, this examination also includes two personalized guides for creating customized strategies.

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