



**RAISING
RESILIENT
KIDS**

A PRACTICAL GUIDE TO HELPING YOUR
CHILDREN, TEENS, AND ADULTS WITH LIFE
CHALLENGES, STRESSORS & TRAUMA

**RHONDA
SPENCER-HWANG, PhD**
Author of *The Resilient Kid*, 2010, 2018

Raising Resilient Kids Award Winning

Robert Brooks, Sam Goldstein



Raising Resilient Kids Award Winning:

Raising Resilient Kids Rhonda Spencer-Hwang, Rhonda Spencer-Hwang Drph Mph, 2021 Rhonda Spencer Hwang a mom of three children and a professor of public health set out to discover how to promote health and well being beginning in childhood Living in a community known worldwide for the unusual resilience and longevity of its citizens she wondered What childhood practices have protected the centenarians in my area from the stresses of hardship and encouraged their accomplishments She set out to interview as many of them as she could find and what she learned may change your life

Option B Sheryl Sandberg, Adam Grant, 2017-04-24 1 NEW YORK TIMES BEST SELLER From authors of *Lean In* and *Originals* a powerful inspiring and practical book about building resilience and moving forward after life's inevitable setbacks After the sudden death of her husband Sheryl Sandberg felt certain that she and her children would never feel pure joy again I was in the void she writes a vast emptiness that fills your heart and lungs and restricts your ability to think or even breathe Her friend Adam Grant a psychologist at Wharton told her there are concrete steps people can take to recover and rebound from life shattering experiences We are not born with a fixed amount of resilience It is a muscle that everyone can build *Option B* combines Sheryl's personal insights with Adam's eye opening research on finding strength in the face of adversity Beginning with the gut wrenching moment when she finds her husband Dave Goldberg collapsed on a gym floor Sheryl opens up her heart and her journal to describe the acute grief and isolation she felt in the wake of his death But *Option B* goes beyond Sheryl's loss to explore how a broad range of people have overcome hardships including illness job loss sexual assault natural disasters and the violence of war Their stories reveal the capacity of the human spirit to persevere and to rediscover joy Resilience comes from deep within us and from support outside us Even after the most devastating events it is possible to grow by finding deeper meaning and gaining greater appreciation in our lives *Option B* illuminates how to help others in crisis develop compassion for ourselves raise strong children and create resilient families communities and workplaces Many of these lessons can be applied to everyday struggles allowing us to brave whatever lies ahead Two weeks after losing her husband Sheryl was preparing for a father child activity I want Dave she cried Her friend replied *Option A* is not available and then promised to help her make the most of *Option B* We all live some form of *Option B* This book will help us all make the most of it *Good Moms DO Cry* Lucy Chen, 2025-11-07

Self-Harm Michelle Mitchell, 2023-10-04 A much needed resource empowering readers with powerful insights a road map of practical strategies and above all else hope Karen Young child adolescent anxiety specialist Helping teens and tweens cope when times are tough Wisdom infused hope filled and research driven If you have a child who is struggling with self harm I want to remind you that you are your child's greatest advantage What you do and how you respond matters This book was written for you and your family Non suicidal self injury NSSI is a global mental health concern with studies conservatively indicating 10% of young people experiment with self harm The ways in which young people self harm are wide and varied and a challenge many families now have to face It remains

distressing and difficult for parents and caring adults to understand as it seems to go against every innate instinct of self protection and survival In this book award winning speaker author and educator Michelle Mitchell has combined her 20 years experience with the latest research interviews with experts and stories from professionals and everyday families to give parents and teachers fresh insights into how to prevent understand and respond to self harm Full of evidence based strategies this unique resource will provide parents with the facts practical help and comfort they need Michelle answers questions like Why does my child want to hurt themselves Is self harm about attention seeking What do I say if I suspect self harm Why is self harm so addictive How do I manage their safety How do I best take care of siblings and other family members When is it necessary to seek support Michelle goes where few have gone before in tackling the distressing confusing and fraught issue of self harm in our young people Michelle has done us all a great service in bringing us this invaluable title Melinda Tankard Reist Author Speaker co founder Collective Shout Michelle gives a strong and poignant voice not only to those who are self harming but also to the ones who love them This book traverses that gap It is an intelligent thoughtful and much needed resource empowering all who read it with powerful insights a road map of practical strategies and above all else hope Karen Young Author Speaker Parenting and Child Adolescent Anxiety Specialist

Self Harm: Why Teens Do It And What Parents Can Do To Help Michelle Mitchell, 2022-03-01 Supporting a young person who is self harming feels like a minefield Why are they doing it And Why can't they just stop Self harm goes against every innate instinct of self protection and survival and remains a distressing and difficult issue for parents and carers Uncovering the wide and varied reasons and ways young people self harm this book offers fresh insights into how to prevent understand and respond to self harm With 20 years experience in the latest research Michelle Mitchell combines interviews expert advice and personal stories in one unique resource to provide parents and carers with the practical help and comfort they need Michelle Mitchell is an educator author and award winning speaker with a passion for supporting families Having left teaching in 2000 Mitchell founded Youth Excel a charity supporting young people with life skills education mentoring and psychological services Bringing hands on experience in the health and wellbeing sector she is now the author of the bestselling self help books Self Harm Why Teens Do It And What Parents Can Do To Help and Everyday Resilience Helping Kids Handle Friendship Drama Academic Pressure and the Self Doubt of Growing Up She lives in Brisbane Australia with her husband and two teenagers

Tiny Humans, Winning In Losing James W, 2025-06-15 What if your child's biggest wins came from their toughest losses From the author of Tiny Humans Tough Love comes the next breakthrough in real world parenting Tiny Humans Winning in Losing a heartfelt no fluff guide to raising resilient kids who can lose with grace win with humility and bounce back stronger every time Meet Aiden a spirited only child who cries when he loses gloats when he wins and sometimes crumbles at the first sign of struggle Sound familiar Through Aiden's real life moments from a board game blow up to a crushing chess tournament defeat you'll walk step by step through the emotional rollercoaster of childhood

competition and learn how to coach your own kids through the same This isn't about raising perfect children It's about raising capable ones Inside this book you'll learn how to Help your child handle disappointment without meltdowns Teach ownership without shame or blame Shift the focus from winning to growing Celebrate quiet confidence and character Raise someone who can lose and lead with grace With humor honesty and hard won wisdom Tiny Humans Winning in Losing gives you a front row seat to Aiden's transformation and a practical roadmap to help your own child build grit emotional regulation and true self worth If you're ready to trade tantrums for growth and trophies for character this book is your next parenting companion *Raising a Self-Disciplined Child: Help Your Child Become More Responsible, Confident, and Resilient* Robert Brooks, Sam Goldstein, 2004-04-22 Learn to raise a self disciplined child who is confident independent and happy Raising a Self Disciplined Child is the groundbreaking book parents have been waiting for a remarkably positive approach to a style of discipline that builds children up from the acclaimed authors of Raising Resilient Children Filled with realistic practical strategies and sample scenarios it shows you ways to teach children of any age from preschool to adolescence the value of self control self reliance and self assurance the all important skills that will last a lifetime Praise for Raising Resilient Children Practical and clear in its suggestions direct and supportive in its tone Raising Resilient Children is the perfect book for parents searching for a caring method to help their children grow into healthy loving and mature adults William Pollack Ph D author of Real Boys Brooks and Goldstein help mothers and fathers focus on their child's strengths not on his or her weaknesses The result is a happier more resilient child Michael Thompson Ph D author of i Raising Cain Raising Resilient Children Robert Brooks, Sam Goldstein, 2002-09-18 Discusses the importance of fostering the qualities of resilience in children and offers specific ideas and strategies designed to help parents raise strong hopeful optimistic children **Good Housekeeping**, 2003 *Forthcoming Books* Rose Arny, 2001-06 *Public Library Catalog* Juliette Yaakov, 2004 More than 8 000 books in the main volume More than 2 400 new titles in annual paperbound supplements More than 2 000 analytic entries for items in collections and anthologies Your Defiant Teen, First Edition Russell A. Barkley, Arthur L. Robin, 2008-02-02 When your teen's rebellious behavior crosses the line how can you reestablish your authority without getting caught in a power struggle Bestselling authors and distinguished psychologists Russell Barkley and Arthur Robin have each spent decades helping parents and kids resolve standoffs and repair their relationships Now they've distilled their approach into a clinically proven self help program that can help you break through to your teen and rebuild trust Centered around 10 simple steps that lead to better behavior Your Defiant Teen provides practical guidelines for putting an end to the hostilities You'll learn realistic ways to foster mutual respect introduce cooperative problem solving and strengthen family relationships while giving your teen vital skills for becoming a mature independent adult **American Book Publishing Record**, 2002 **Public Library Core Collection** John Greenfieldt, Patrice Bartell, 2008 Wilson's Public Library Core Collection Nonfiction 13th Edition 2008 recommends reference and nonfiction books for the general adult audience It is a

guide to over 9 000 books over 6 500 titles are new to this edition plus review sources and other professional aids for librarians and media specialists Acquisitions librarians reference librarians and cataloguers can all use this reliable guide to building and maintaining a well rounded collection of the most highly recommended reference and nonfiction books for adults All titles are selected by librarians editors advisors and nominators all of them experts in public library services The collection is a valuable tool for collection development and maintenance reader s advisory weeding your collection and curriculum support Richly enhanced records provide a wealth of useful information All entries include complete bibliographic data as well as price subject headings annotations grade level Dewey classification cover art and quotations from reviews Many entries also list awards best book lists and starred reviews Save Time Efficiently organised and includes Starred titles Save Money Allocate your resources to the best materials available Stay Relevant Discover the best in important contemporary categories Complete Coverage Includes recommendations on periodicals and electronic resources too Four Year Subscription This Core Collection was originally sold as a four year subscription The core edition published in 2008 delivers a library bound volume with an extensive selective list of recommended books From 2009 to 2011 Wilson published extensive paperback supplements to the 2008 edition A new cycle of materials will begin in 2012 However the 2008 to 2011 materials are currently available Buyers of them will receive all these materials immediately All four years are only 420 Uniquely Valuable There is nothing quite like Wilson Core Collections The accumulated expertise of our selectors and the unquestioned reputation of these collections is invaluable Wilson Core Collections are universally recognised as impartial and expert aids to collection development that assist and reinforce the judgement of librarians everywhere Selection to a Wilson Core Collection is strong support to any challenged purchase Contemporary Relevance This Core Collection includes broad updates in the areas of crafts terrorism and international security environment and global warming diseases and medicine and religion plus other contemporary topics that keep the library s collection as current as today s headlines Other Key Features Classified Catalogue A list arranged by Dewey Decimal Classification with complete cataloguing information for each book Author Title Subject and Analytical Index An in depth key to the information in Classified Catalogue including author and title analytics for works contained in anthologies and collections Richly enhanced records provide complete bibliographic data price subject headings descriptive annotations grade level Dewey classification evaluative quotations from a review when available Listing works published in the United States or published in Canada or the United Kingdom and distributed in the United States Public Library Core Collection Nonfiction features extensive revisions in the areas of health science and technology personal finance sports cooking and gardening and handicrafts Biography poetry and literary criticism continue to receive comprehensive treatment Reference works in all subject fields are included **New York**, 2001-05 **2004 Writer's Market Online** Kathryn Struckel Brogan, Robert Lee Brewer, 2003 This resource provides all the benefits of the Writer s Market book plus a yearlong subscription to an updated Web site with all the relevant information

writers need **Library Journal** ,2001 **Child, Family, School, Community** Roberta Berns,2004 The best selling text in this area Child Family School Community deftly explores all the contexts in which children develop socially with sensitivity professional insight and current research Berns text describes and analyzes how a child s reciprocal interactions with family school peer groups media and community influences his or her developmental outcomes Further it takes a comprehensive look at the effects of family child care school peer group media community and societal factors including culture political ideology economics technology on the socialization of the child Truly ideal for undergraduate students and anyone who works with children Child Family School Community underscores the immeasurable value in preparing the child with the ability to adapt to a changing world [Black Deaf Students](#) Carolyn Estelle Williamson,2007 Publisher description *The Resiliency Puzzle: The Key to Raising Resilient Kids: Parent Education Program Manual* Julie Fisher, M.Ed.,2019-02-26 The Resiliency Puzzle provides a model for understanding how 21st century kids can develop they skills they need to cope with adversity and persevere while gaining strength character and the fortitude to succeed It teaches adults what resiliency looks like and provides concrete suggestions for how to instill those specific qualities that EMPOWER kids to be resilient This workbook is designed to supplement the parent education curriculum that s available online in live presentations and in The Resiliency Puzzle book

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