

Download How To Raise Resilient Bounce Back Kids

Teaching our kids to be resilient helps them to cope with these changes and stresses that they encounter. And it helps them more appropriately deal with hard emotions and challenges they have. Resiliency teaches kids to be problem solvers in the face of tough situations so they can find a good solution. [How to Raise Resilient Bounce-Back Kids \[Judy Helm Wright\] on Amazon.com](#). *FREE* shipping on qualifying offers. Resilience is a learned skill! It can be taught and learned, just as piano playing or riding a bike is a teachable lifeskill. As parents and other caring adults we can assist young people to overcome disappointment and to become problem solvers in life. [Teaching Children to Bounce Back: Ways to Raise Resilient Kids](#). By Victor M. Parachin Illustration by Jeffrey Smith. When a crisis arrives, there are steps that parents and other significant adults can take to help children not only survive, but even to thrive. Help children to be optimistic about the future. A resilient child bounces off a strong self-esteem to come up with a plan B. Teaching esteem building skills – having the honesty to apologize when they're wrong, courtesy in asking for what they want, setting boundaries on how they're treated – helps a child to cope. Resilient children know disappointments and setbacks are temporary.