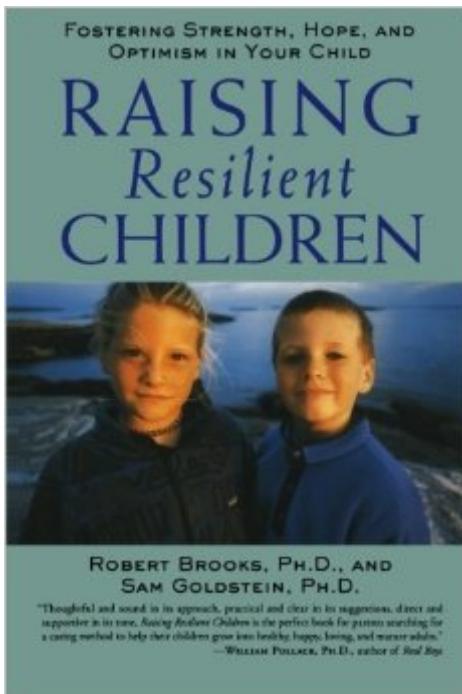


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Raising Resilient Children : Fostering Strength, Hope, And Optimism In Your Child



Synopsis

TOP CHILD PSYCHOLOGISTS OFFER EXPERT INSIGHT AND PRACTICAL ADVICE FOR RAISING STRONG KIDS IN TODAY'S COMPLICATED WORLD "Thoughtful and sound in its approach, 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, happy, loving, and mature adults." - William Pollack, Ph.D., author of *Real Boys* . . . the down-to-earth strategies ensure this title will be used as well as read . . . truly valuable material." - Publishers Weekly " . . . a remarkable book that pulls together the research on resilience and makes it readable, understandable, and practical." - Work and Family Life "A very important work. This not-to-be-missed book debunks the paradigm ('Good enough for me: I turned out OK') and replaces it with a new model fostering resilience capable of meeting obstacles head-on." - Library Journal (starred review)

Book Information

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Customer Reviews

I just had the pleasure of hearing author, Robert Brooks speak at our school about nurturing self-esteem and resilience in our children. I found his parent friendly book to have the same warm tone that he conveys in person. His lessons and opinions are documented with true case studies and anecdotes from his professional career and peppered with a welcome sense of humor. I am learning to be a more authoritative parent with the specific, practical guidance offered in this book and I see a definite positive change in the way we as parents are communicating with our children.

This book has been the key tool in helping us empower our grade school children (10 and 12) with a better attitude towards adversity. If you have toddlers or preschoolers (2's, 3's, 4's, & 5's), we also highly recommend "The Pocket Parent" as a very compatible guide to "Raising Resilient Children". Both books view "Discipline" and "Punishment" as very different procedures and both offer many positive strategies to communicate and discipline (teach children right from wrong) WITHOUT yelling, bribing, nagging, threatening, criticising and punishing. The authors of both books feel we often spend too much time remediating the weaknesses of our children and not enough time identifying their strengths and seeing that they have ample opportunities to succeed in what they are passionate about and good at. Both authors believe that it is not only important what you need to say to your children, but HOW you choose to say it that can make the difference. We recommend both "RAISING RESILIENT CHILDREN" and "THE POCKET PARENT" for home and school libraries for parents.

The authors, both clinical psychologists and professors, state ten principles which they believe lead to "resilience" in children. Resilience is defined as "the ability of a child to deal more effectively with stress and pressure, to cope with everyday challenges, to bounce back from disappointments, adversity, and trauma, to set clear and realistic goals, to solve problems, to relate comfortably with others, and to treat oneself and others with respect" (p. 1) These ten principles are "idealized" child "mindsets," which parental behavior supports. The authors do not criticize parents for not supporting their children all the time. Instead, they give numerous suggestions and examples of what a parent can do to improve their communication with their children. The tone of this book is "talky" and easy to read. Perhaps 2/3rds of the examples are about children; the rest, adolescents. Almost all examples come from the authors' extensive psychotherapy and family therapy practices. I have some quibbles with the logic of some of their conclusions, but, in general, parents will find this an easy and helpful read. Although the topic of "resilience" is a part of the newly emerging field of "social-emotional learning" (SEL), educators will find this book harder to use. The children in the examples attend schools, but there is no description of how to implement a resilience curriculum. The authors also publish a workbook, "Raising resilient children: A curriculum to foster strength, hope, and optimism in children." This workbook is tied to a video that the authors have produced (but which is not sold with the workbook; the video must be ordered from the publisher and I have not seen it on .com). This workbook provides exercises with which they can build the competence to support their children. This workbook also gives the gist of their argument, and teaches parents directly how to implement the skills to support their child.

As an occupational therapist and mom of a child with a unique learning style, this book has helped me articulate abstract thoughts that help children, in real time, with real issues, succeed. Parents find the book's ideas profound but the tone simple enough to easily implement. As a therapist, I find ideas to integrate into treatment and to help me explain to parents their role in supporting their child's ultimate success or failure. I think families would be so much more successful if this were required reading before they brought their bundles home from the hospitals.

This curriculum workbook springs from Goldstein's and Brooks' book, *Raising Resilient Children*, which (for some reason I do not know) is no longer available through .com (you would have to buy it used). (Perhaps the authors are planning a second edition?) This is a 9-week course covering: (1) Teaching and conveying empathy; (2) re-writing negative scripts; (3) Disciplining in ways that promote self-discipline and growth; (4) Making decisions, solving problems; (5) loving children in ways that help them feel special and appreciated; (6) learning from mistakes; (7) Expecting success, "islands of competence"; (8) hope and courage. It is accompanied by a video tape (not available from .com) but which would be good for persons planning parent groups or in-service for teachers. The age-group that the authors write about is children, but with some modifications (especially with discipline) it could be applied to adolescents. This book is an easy beginning to the practical aspects of resilience education. It is graphically good looking and substantively good.

The new book *Raising Resilient Children* should be the first stop on your next trip to the bookstore. Through almost 100 personal antecdotes Robert Brooks and Sam Goldstein explain concepts of resilience and why it is important for our children. The book is an invaluable resource for parents because not only does it alert readers of obstacles, but offers guide-posts and solutions to even the most difficult of family situations. One of the book's strongest attributes is its optimistic attitude and coherent style. Through wise eyes the authors strike a chord with parents around the world. I strongly reccomend this book to anyone who has interest in America's youth, and I look forward to Dr Brooks and Dr Goldstein's next project.

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