

Raising Resilient Children
by Robert Brooks & Sam Goldstein
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- Resilience embraces 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 develop clear and realistic goals, to solve problems, to relate comfortably with others, and to treat oneself and others with respect.
- Resilient youngsters feel special and appreciated. They have learned to set realistic goals and expectations for themselves. They have developed the ability to solve problems and make decisions and thus are more likely to view mistakes, hardships, and obstacles as challenges to confront rather than as stressors to avoid. They rely on productive coping strategies that are growth-fostering rather than self-defeating. They are aware of their weaknesses and vulnerabilities, but they also recognize their strong points and talents. Their self-concept is filled with images of strength and competence. They have developed effective interpersonal skills with peers and adults alike. They are able to seek out assistance and nurturance in a comfortable, appropriate manner from adults who can provide the support they need. Finally, they are able to define the aspects of their lives over which they have control and to focus their energy and attention on these rather than on factors over which they have little if any influence.
- Never underestimate the power of one person to redirect a child toward a more productive, successful, satisfying life.
- Ten guideposts
 1. Teach and convey empathy
 2. Listen, learn, and influence in order to communicate effectively
 3. To change your words of parenting, rewrite your negative scripts
 4. Find ways to love your children that help them feel special and appreciated
 5. Accept your children for who they are, and help them set realistic expectations and goals
 6. Nurture islands of competence; every child must experience success
 7. Mistakes are teachable moments
 8. Help your child develop responsibility, compassion, and a social conscience
 9. Teach and emphasize the importance of solving problems and making choices and decisions.
 10. Discipline in ways that promote self-discipline and self-worth.