

15 Proven Ways to Build Resilience in Children

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Parenting and Family Health

Cultivating Resilience in Children: Navigating Life's Adversities

Childhood development is punctuated by numerous challenges. Resilience, defined as the capacity to adapt successfully to stress and adversity, becomes paramount for navigating these obstacles and achieving well-being. This article explores fifteen evidence-based strategies for fostering resilience in children, drawing upon psychological theories and models of child development to offer practical applications within family and educational contexts.

Reader Pool: To what extent do you believe societal structures and systemic factors contribute to or hinder the development of resilience in children?

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