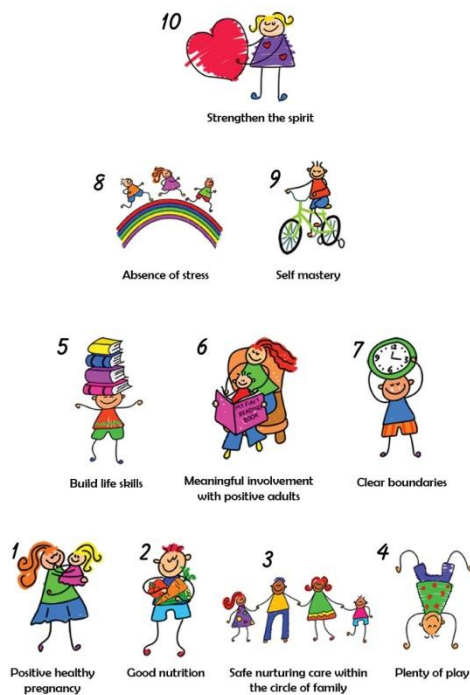


Resilience is the ability deal with the challenges and stresses that everyday life throws at us. Often referred to as the capacity to 'bounce-back', it is deemed a vital skill in allowing people to recover from small 'bumps' to devastating tragedies. Some children are resilient by nature, while in others it needs to be developed as they grow and begin to experience life. As a parent, you can help develop and nurture resilience, equipping your child with the basic coping strategies to deal with all the ups and downs that naturally occur in life.

10 Resilience Building Blocks for children aged 0 - 12 years



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For further information, please refer to some of Maggie Dent's web pages below:

<http://www.maggiedent.com/content/little-things-are-big-things-%E2%80%94-building-resilience>

<http://www.maggiedent.com/content/bullying-our-schools-different-perspective>

<http://www.maggiedent.com/content/bullying-complex-problem>