

Speaker Series
For parent/guardians of children of all ages

RAISING RESILIENT KIDS: WHAT TO DO WHEN YOU DON'T KNOW WHAT TO DO



Our Speaker:

Kerrie Toole, LICSW

**Algonquin Regional High
School Auditorium**

Time: 7:00 - 8:30pm

**Thursday
January 5**

***Your Child's Emotional
Superpower Explained***

**Thursday
January 12**

***No Such Thing As A Bad Feeling:
Why Our Best Intentions
Can Backfire and What
to Do Differently***

**Thursday
January 19**

***The Magical Skill of Validation
The #1 Technique Every Parent
Needs to Know***

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2026 Guide Raising Resilient Kids

Jeffrey A Lange



2026 Guide Raising Resilient Kids:

Parenting Unfiltered: A Real Guide For Raising Kids In Today's Times, 2026-01-28 Are you drowning in conflicting parenting advice Exhausted from trying to do everything right Worried about screen time burnout and whether you're messing up your kids You're not alone And this book gets it INSIDE YOU LL DISCOVER Why good enough parenting is actually better than perfect and how to stop the comparison spiral Practical strategies for managing screen addiction social media and digital footprints without losing your mind How to protect your kids mental health while maintaining your own sanity The truth about parental burnout and concrete steps to recover from it How to raise resilient confident kids in an anxious world Simple routines and systems that actually work for busy families Future ready parenting preparing kids for a changing world with empathy and hope **WHAT MAKES THIS BOOK DIFFERENT** No judgment No perfection required Just real talk from someone who understands that modern parenting is hard and that you're doing better than you think This isn't another book adding to your parenting guilt It's permission to let go of impossible standards and focus on what actually matters connection love and raising humans who feel safe valued and capable **PERFECT FOR** Overwhelmed parents who need practical solutions not more theory Anyone struggling with work life balance and parental guilt Parents navigating technology social media and digital age challenges Those who want to raise environmentally conscious inclusive kids Anyone tired of being told they're doing it wrong Each chapter tackles a critical modern parenting challenge with empathy research backed insights and actionable strategies you can implement immediately From creating morning routines that actually work to having difficult conversations about mental health from protecting your children's digital privacy to recovering from burnout this book covers the real issues facing today's families **THE BOTTOM LINE** You don't have to be a perfect parent You just have to be good enough And this book will show you how Your kids don't need perfection They need YOU present imperfect and trying Start your journey to sustainable joyful parenting today **For Parents Raising Resilient Kids:**

Supporting LGBTQ+ Youth in a Heteronormative World Erin Vance, 2026-01-26 This book is written for parents who love their child deeply and want to support them fully as they navigate life as a possibility of their child becoming a LGBTQ individual It is a guide rooted in understanding compassion and real life experience designed to help parents move past fear confusion or uncertainty and toward confidence acceptance and unconditional love Within these pages you will find reassurance that you are not alone practical tools to strengthen your relationship with your child and insight into how your support can shape their self worth safety and happiness Above all this book affirms a simple truth when a child knows they are loved exactly as they are they can thrive *Raising Resilient Children in a Broken World* Benjamin Oye, 2026-01-22 In a world of uncertainty inequality and constant change raising resilient children has never been more challenging or more important *Raising Resilient Children in a Broken World* provides parents educators social workers and community leaders with a comprehensive evidence based guide to fostering strength adaptability and wellbeing in children of all backgrounds

Drawing on decades of social work experience research in child development and practical strategies Benjamin Oye reframes resilience as a collective responsibility This book shows that children thrive not simply through individual toughness but when supported by families schools communities and equitable social systems Inside you will find Age specific tools and resilience building activities Trauma informed parenting and teaching checklists Strategies for working with vulnerable and marginalized children Guidance for community engagement and policy advocacy Practical approaches to help children flourish emotionally socially and academically This is more than a parenting book it is a roadmap for creating environments that protect nurture and empower children to thrive in the face of adversity

Raising Resilient Kids Emily-Rose Paulson,2023-09-03 Unlock Your Child s Inner Strength In Raising Resilient Kids A Parent s Guide to Managing Anxiety we cover it all Understand Anxiety Your Role as a Parent Building Resilience Effective Communication Anxiety Reducing Strategies Practical Tools Exercises Seeking Professional Help Coping with Challenges Sibling Dynamics Nurturing Individuality Real Life Stories Additional Resources This book is your go to guide for navigating the world of parenting in an anxious age We ve got worksheets tools and connections to support groups websites and hotlines in the USA and UK Empower your child create a resilient family and embrace a brighter future Get your copy now ResilientKids AnxietyManagement ParentingGuide

A Parents' Guide to Raising a Resilient Kid Ashley Costello,2023-05-09 He s really struggling at school and I don t know how to help him She spends so much time in her room I don t know how we can encourage her to be part of our family more I feel like such a failure as a parent I feel like I ve tried everything I don t understand why they are so sensitive their siblings bounce back Parenting in the modern world can be overwhelming especially when it comes to helping your children navigate the challenges they may face A psychotherapist with over 25 years of experience and a parent herself Ashley Costello has a deep understanding of the concerns and worries that parents face and how they can best help their children A Parents guide to raising a Resilient Kid offers practical advice and strategies to help parents build resilience in their children Providing guidance on developing essential components of resilience such as confidence responsibility and connection Ashley offers empathetic support to parents and people who are close to kids as they navigate the ups and downs of raising kids Raising resilient children is something we all have a part to play in this book will empower you to do just that Justine Merton Scott

Raising Resilient Kids Rebecca B Fox,2023-02-06 Are you looking for ways to help your children cope with life s challenges and build resilience Look no further than Raising Resilient Kids This comprehensive book offers practical advice on how to nurture your children s emotional physical and mental well being so they can bounce back from hardships and handle difficult situations with ease From teaching your kids the power of self awareness to helping them establish healthy coping mechanisms Raising Resilient Kids provides an understanding of how to raise resilient children who are prepared for anything life throws at them You ll also learn how to identify potential problems create a supportive environment and foster a positive mindset With this book you ll have the tools to help your

children develop the skills they need to thrive in life Don't let your kids miss out on the chance to become resilient Get *Raising Resilient Kids* today and give your children the tools they need to build a strong foundation for their future *The Power of Resilience for Autistic Adults* Sam Goldstein, Robert B. Brooks, 2026-03-06 This book is a comprehensive guide designed to empower autistic adults by fostering resilience in their daily lives It details autistic adults' encounters with unique social, emotional, and professional challenges and details strategies for developing and maintaining resilience to ensure personal growth and fulfillment The book takes a strengths-based approach focusing on practical strategies to navigate stress, anxiety, communication difficulties, and the fear of failure—all issues commonly faced by adults on the spectrum It offers tools for rewriting negative self-perceptions, building emotional and social resilience, and forming meaningful connections through the use of psychological insights, real-life examples, and actionable techniques In addition, the book emphasizes the importance of self-acceptance, individual strengths, and embracing authenticity Each chapter addresses specific aspects of resilience, from managing anxiety to celebrating success and maintaining a resilient lifestyle over time Key areas of coverage include: Understanding and overcoming negative scripts; Emotional regulation and stress management; Empathy and social cognition; Practical communication skills for the neurotypical world; Adopting a growth mindset for life's challenges; Building and maintaining meaningful relationships *The Power of Resilience for Autistic Adults* is a vital resource for adults with ASD, their families, therapists, and professionals It provides a roadmap for thriving and a powerful reminder that resilience is a lifelong journey of growth, self-discovery, and empowerment *Raising Resilient Kids* Roy L. Clement, 2023-01-20 Can we teach our children resilience in the same way that we educate them to be kind, take turns, or be respectful of others? Not quite. Everybody has some degree of resilience from birth, and life circumstances may either foster it or inhibit it. Some children appear to be more resilient by nature, while others seem to acquire the quality through time and via adversity. Resilience can also be simply defined as having done difficult things and understanding how to make them easier the next time. *Raising Resilient Kids in a Challenging World* Reham Sadek, 2023-12-11 *Raising Resilient Kids* TRAVIS. HEMBREE, 2025-01-19 Parenting doesn't come with a manual, but this guide is the next best thing. In today's fast-paced, unpredictable world, raising resilient kids is more important than ever. *Raising Resilient Kids: The Parenting Guide to Building Emotional Strength in a Chaotic World* equips you with the tools to nurture your child's emotional resilience, self-confidence, and ability to thrive no matter what life throws their way. This practical, actionable guide covers: Proven strategies to manage anxiety and stress in children; How to foster emotional intelligence and problem-solving skills; Building strong family bonds and encouraging independence. Packed with real-life examples, expert insights, and hands-on exercises, this book empowers parents to create a supportive environment where children grow into confident, capable individuals. Whether you're navigating toddler tantrums or the ups and downs of the teenage years, *Raising Resilient Kids* will become your trusted companion in parenting. Start raising emotionally strong and resilient children today. ***Raising Resilient Children***, 2025-11-24 Raising Resilient

Children is a science backed parenting guide designed to help families nurture strength confidence and emotional intelligence in their children In around 40 pages this practical handbook offers clear strategies relatable stories and actionable Resilience Builder exercises that parents can apply daily Whether you re navigating tantrums building routines or fostering a growth mindset this book gives you the tools to raise adaptable happy kids in a changing world A must read for every family ready to build resilience from the inside out *Raising Resilient Children* Sam Goldstein,Robert B. Brooks,2002 Share this strategy filled nine session curriculum and 70 minute companion video with parents to help them ensure that their children are emotionally prepared to cope with life s challenges Based on the authors best selling book the chapters in the manual and their corresponding video segments discuss the seven key guideposts to raising resilient children In class and at home activities are also included to help parents recognize the important role they play in their children s emotional health After completing the Raising Resilient Children curriculum parents will be better prepared to accomplish their most important job raising a confident self reliant child **Parent's Guide to Raising Resilient Kids in an Anxious World** Watson R. Ward,2024-06-13 **Growing Strong** Anika Rosenthal,2025-06-10 In today s chaotic world strength isn t about toughness it s about resilience Growing Strong The Parent s Guide to Raising Resilient Kids is your empowering roadmap to raising children who can bounce back from setbacks manage stress with confidence and face life s challenges with calm courage Combining research backed strategies with heartfelt guidance this book teaches parents how to nurture emotional intelligence grit and a growth mindset in their children Whether your child is navigating school pressure peer dynamics anxiety or screen overload Growing Strong provides tools to help them not just survive but flourish Inside you ll discover How to raise confident kids who believe in themselves Simple techniques to build resilience through daily parenting How to support emotional growth and problem solving skills Tools to guide kids through disappointment failure and stress Perfect for parents educators and caregivers this book delivers actionable insights for every age and stage If you want to raise emotionally strong compassionate and adaptable children this is the modern parenting guide you ve been waiting for Resilient kids are not born they re raised Let this book be your guide **Raising Resilient Children** Jeffrey A Lange,2022-12-29 Are you bordered about your Child s Mental Health This book aims to help parents caregivers and educators support children s mental health and well being The book offers practical strategies and techniques for building resilience in children and helping them cope with the challenges they may face in life This book begins by defining resilience and explaining why it is important for children s overall health and well being It then discusses the various factors that can contribute to resilience including a supportive and nurturing environment positive relationships and effective coping skills This book also provides strategies for supporting children s mental health such as setting limits and boundaries promoting positive communication and teaching healthy coping mechanisms It also offers guidance on how to recognize the signs of mental health issues in children and where to seek help if necessary In addition to these practical strategies the book also

includes information on the role of self care in raising resilient children and how to model resilience for children It is a valuable resource for anyone looking to support the mental health and well being of children Discover the Strategies to Overcome your Child s Mental Health Today by Scrolling Up and Clicking the Add to Cart Button *Raising Resilient Kids* Lynn Russel,2024-12-17 A powerful guide for parents who want to raise confident empathetic and resilient children This book offers proven practical strategies to foster a strong secure bond with your child one that encourages emotional growth self assurance and the ability to navigate life s challenges with grace Drawing on real life experiences this book will help you Build a lasting connection of trust and emotional security Teach your child to embrace resilience in the face of setbacks Cultivate empathy and kindness in an ever changing world Tackle everyday parenting challenges with confidence and ease In this insightful and accessible guide you will find the tools to nurture a deeper relationship with your child ensuring they grow into the confident compassionate individuals you envision Ready to build a stronger more resilient relationship with your child Click below to start your journey today **How Parents Can Raise Resilient Children** Frank Dixon,2020-03-31 Tired of tantrums and tears Discover a more mindful attentive and adaptive parenting style that instills a lifelong habit of resilience and confidence in your child Being a parent isn t easy From the ear splitting temper tantrums of the terrible twos to the heart stopping antics of elder siblings who should know better sometimes the family home can feel more like a psychological battleground with a masterful manipulator of your emotions One thing is for sure a child s life is one of exploration discovery and wonder But between those wondrous moments even the most cautious of children will suffer the consequences of their youthful trial and error As a parent it s hard to say no to an eager little face that you love and it only gets harder when resisting your natural hard wired impulse to rush in and save them from their terrible decisions Does this make you a bad parent Of course not you are like your children a human trying to make sense of the world and you alone have the power and responsibility to show them the best path forward But Just Where Do You Draw the Line Between Liberty and Discipline How Parents Can Raise Resilient Children is a new step by step guide that shows parents how to navigate the precarious tightrope of raising independent resilient and honest children Taking inspiration from some of the latest research in child development studies Frank Dixon lifts the lid on just why kids will be kids and how parents can build an empathic nourishing and stable relationship with their children based on empowering behavior mentorship Building on a foundation of 7 C s competence confidence connection character contribution coping and control Dixon offers an easy to follow strategy that frazzled parents can immediately put into action Childish Mistakes Are the Building Blocks of Adult Success How Parents Can Raise Resilient Children reveals seven core areas of parenting where you can act as a role model when dealing with setbacks and upsets Through exploring these 7 C s with examples this book acts as a handbook for resilience parenting With its easy to understand style this guide offers step by step guidance to show parents how they can effectively Foster the brilliant imagination of the young mind with strategic use of praise and providing resources to enable the development of

innate skills and talents Understand the way the human brain is wired in childhood and how to discipline mistakes with empathy and understanding rather than punishment Nourish and grow your relationship with your child as a trusted supporter and advisor through childhood and adulthood empowering both sides with love Demonstrate desired behaviors when faced with hardships through your own actions and thought processes to give your child a powerful emotional toolkit Know when to intervene and how to intervene when mistakes and failures happen and how to turn any situation into a powerful learning moment Make friends and develop strong bonds with peers with the ability to lead and influence through their character Develop an optimistic cheerful approach to life where failure isn't a disaster but merely a challenge that can be resolved with creative problem solving Life has never been fair As a parent your goal is to proudly guide and watch as your baby grows and develops into a resilient and stable adult emotionally equipped to handle life's vicious slings and arrows Click the Buy Now button today to order How Parents Can Raise Resilient Children Take the first step in investing in your relationship with your child today and give them the extraordinary gift of lifelong resilience [Parenting and Mental Health](#) Israel Isah,2024-09-23 parenting and mental health raising resilient kids explores the critical role of parents in shaping their children's mental well-being this book provides practical tools and strategies to help parents cultivate emotional intelligence resilience and self-awareness in their kids from managing parental stress to fostering a supportive home environment each chapter offers insights into how parents can positively influence their children's mental health the book also addresses challenges like balancing screen time recognizing early signs of mental health struggles and knowing when to seek professional help through mindfulness self-care practices and the creation of strong support systems parents will learn how to empower their children to navigate life's challenges with confidence whether you're a new parent or have been raising kids for years this book serves as a valuable guide to fostering resilience and emotional strength in the next generation

Raising Resilient Children Kaden Chad Mattinson,2024-07-25 Raising Resilient Children Strategies for Youth Empowerment In an ever-evolving world the need for resilient empowered youth has never been more crucial Raising Resilient Children Strategies for Youth Empowerment is a transformative guide designed for parents educators and caregivers committed to nurturing the next generation of strong adaptable and confident individuals Meet Kaden Mattinson and learn why this effort is so personal for him and how with his nonprofit organization Mending Minds Village he is working so diligently to empower the next generation of leaders to become resilient powerful human beings Drawing from the latest research in psychology and child development this book offers a comprehensive roadmap to foster resilience in children It goes beyond traditional parenting advice presenting innovative strategies and practical tools that equip young minds to face challenges head on and emerge stronger Inside you will discover Actionable Techniques Proven methods to build emotional intelligence self-esteem and problem-solving skills Real Life Examples Inspiring stories of resilient children and the impactful role of supportive adults in their lives Interactive Exercises Engaging activities that reinforce key concepts and encourage

growth Expert Insights Contributions from leading mental health professionals providing a well rounded perspective on youth empowerment Raising Resilient Children is not just a book it s a movement towards a brighter more resilient future for our children Whether you re navigating the complexities of modern parenting or seeking to make a positive impact in a child s life this essential guide will empower you with the knowledge and confidence to raise resilient empowered youth Join the journey of empowering the next generation one resilient child at a time

How to Raise Resilient Kids Marie French,2025-02-08 How to Raise Resilient Kids is the ultimate guide for parents caregivers and educators looking to support children s growth at every stage of development From infancy to adolescence this book explores the milestones challenges and opportunities that shape children s emotional and cognitive development while strengthening their ability to adapt and thrive Blending practical strategies with real life stories This book offers tools for building emotional intelligence fostering independence and navigating critical transitions Learn how to handle tantrums guide teens through identity exploration and prepare children for the future all while promoting resilience and maintaining a strong connection This book emphasizes the lifelong journey of parenting showing how each phase brings growth not only for children but for their caregivers too Whether you re raising toddlers or teens How to Raise Resilient Kids provides the insights and inspiration needed to help children succeed in an ever changing world

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