

## **Introduction: The Tool Box of Resilience**

**Dr. Bob Brooks & Dr. Sam Goldstein, authors, *Raising Resilient Children***

Bob: I'm Dr. Bob Brooks.

Sam: And I'm Dr. Sam Goldstein.

Bob: Together we have authored the book *Raising Resilient Children*.

Sam: The increased stress, pressure and demands on our children has caused an alarming increase in mental health, behavioral and educational problems.

Bob: Some children facing great adversity have demonstrated the ability to overcome the problems they face. The tools these children use to overcome adversity are found under the umbrella of resilience.

Sam: Each day on this station, Dr. Brooks and I will offer a daily tip to help you raise resilient children. We will help you understand how resilience can be applied to every parenting practice.

Although there is no single golden path to raising children, as you will learn, you can be comforted by the knowledge that with insight, empathy and the principles of resilience, you can raise happy, successful children. I'm Dr. Sam Goldstein.

Bob: And I'm Dr. Bob Brooks for the Raising Resilient Kids Foundation.

ANNCR: Visit our website at [raisingresilientkids.com](http://raisingresilientkids.com). Gaze into the future – through the eyes of your children.