

What is Resilience?

Dr. Sam Goldstein, co-author, *Raising Resilient Children*

Sam: I'm Dr. Sam Goldstein, co-author of *Raising Resilient Children*. What do you want for your children? You want what's best, but what is that? Happiness, success in school, life satisfaction, solid friendships and good health to name a few. To realize these goals, kids have to possess the inner strength to deal competently and successfully with the challenges they encounter. This capacity to cope and feel competent is called resilience. Resilient kids are capable of communicating effectively, they possess empathy, compassion and a social conscience. Numerous scientific studies of children have supported the importance of resilience as a powerful force. Resilience explains why some kids conquer overwhelming obstacles, sometimes clawing and scraping their way to success, while others become victims of their early experiences and environments. The wonderful surprise of this research is that all parents willing to devote time to their children can help them develop and enhance these important qualities. I'm Dr. Sam Goldstein for the Raising Resilient Kids Foundation.

ANNCR: Visit our website at raisingresilientkids.com. Gaze into the future – through the eyes of your children.