



9 Ways to a Resilient Child by Dr Justin Coulson PhD

publication date: Apr 2, 2019 | author/source: Anne Coates

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Watching children give up too quickly, moaning "I can't can be frustrating for adults. My own mother's reply was always "There's no such word as can't". As a child I never really understood what she meant, but as an adult I can appreciate her sentiments and be thankful to her.

Dr Justin Coulson, author of *9 Ways to a Resilient Child* is an Australian parenting expert. The question he most often gets asked is "How can I help my child become more resilient?" So many difficult and challenging situations make it difficult for a child to "bounce back": bullying, friendship problems, physical changes in their bodies, family issues but helping a child to develop resilience can have lifelong positive effects.

9 Ways to a Resilient Child is divided into two parts. In the first, "**Misunderstanding Resilience**", Dr Justin Coulson exposes six myths:

Myth 1 Young children are resilient

Myth 2 Stealing your children: why "Toughen up, Princess" damages resilience

Myth 3 Is helicopter parenting really *ruining* resilience?

Myth 4 The dark side of grit, and how being too gritty might reduce resilience

Myth 5 Good praising: why praise is a problem in promoting resilience

Myth 6 Winners are grinners, but what does that make everyone else? How competition undermines resilience

The second part of the book deals with "**Building Resilience**" covered in, unsurprisingly, nine chapters ranging from self-control to screen time, relationships and parenting styles.

At the end of each chapter in both sections there is a handy "Take-home message" which sums up the advice and gives the reader food for thought.

Published by HarperCollins, *9 Ways to a Resilient Child* is an easy and stimulating read. Highly recommended.

PWT rating: ♥♥♥♥♥

[9 WAYS TO A RESILIENT CHILD](#) by Dr Justin Coulson PhD is available from Amazon and bookshops.

