

Defining Resilience

“Resilience embraces the ability of a child to deal more effectively with stress and pressure, to cope with everyday challenges, to bounce back from disappointments, adversity, and trauma, to develop clear and realistic goals, to solve problems, to relate comfortably with others, and to treat oneself and others with respect. Resilience explains why some children overcome overwhelming obstacles, sometimes clawing and scraping their way to successful adulthood, while others become victims of their early experiences and environments.”

- (Brooks & Goldstein 1)