References

7 C's of resilience. (2017, April 4). Retrieved from **https://activeforlife.com/7-cs-of-resilience/**

Ackerman, C. E. (2019, October 4). What is Resilience and Why is It Important to Bounce Back? Retrieved from **https://positivepsychology.com/what-is-resilience/**

Barker, E. (2014, March 24). How to Raise Happy Kids: 10 Steps Backed by Science. Retrieved from **https://time.com/35496/how-to-raise-happy-kids-10-steps-backed-by-science/**

Carter, C. (n.d.). 7 Ways to Foster Creativity in Your Kids. Retrieved from **https://greatergood.berkeley.edu/article/item/7_ways_to_foster_creativity_in_your_kids**

Glembocki, V. (2018). How to Teach Your Kids to Own Their Mistakes. Parents. Retrieved from **https://www.parents.com/parenting/better-parenting/advice/teach-kids-to-own-their-mistakes/**

Gottfredson, L. S. (1996). What Do We Know About Intelligence? i, 15-30.

Hogg, E. (2016, October 24). How to discipline kids: Punishment is OUT, Empathy is IN. Retrieved from **https://www.fitmaltamums.com/how-to-discipline-kids-punishment-is-out-empathy-is-in/**

Hyman, S. M., & Sinha, R. (2008). Stress-Related Factors in Cannabis Use and Misuse: Implications for Prevention and Treatment. *Journal of Substance Abuse Treatment*, 400–413.

Jones, D. E., Greenberg, M., & Crowley, M. (2015). Early Social-Emotional Functioning and Public Health: The Relationship Between Kindergarten Social Competence and Future Wellness. *American Journal of Public Health*, 2283–2290.

Learning from Mistakes: Why We Need to Let Children Fail. (n.d.). Retrieved from **https://www.brighthorizons.com/family-resources/the-importance-of-mistakes-helping-children-learn-from-failure**

Markham, L. (2018, October 11). Don't set your child up for extra frustration. Retrieved from **https://www.mother.ly/child/how-to-raise-kids-resilience?rebelltitem=11#rebelltitem11**

Ong, A. D., Toni, B. L., Wallace, K. A., & Bergeman, C. S. (2006). Psychological resilience, positive emotions, and successful adaptation to stress in later life. *Journal of Personality and Social Psychology*, 730–749.

Oosthuizen, R. M. (2020). Resilience to Emotional Distress in Response to Failure, Error or Mistakes: A Positive Psychology Review. *Springer*, 237-258.

Reznick, C. (2009). The Power of Your Child's Imagination: How to Transform Stress and Anxiety into Joy and Success. New York: TarcherPerigee.

Rubin, K. H., Coplan, R. J., & Bowker, J. C. (2009). Social withdrawal in childhood. *Annual Review of Psychology*, 141-171.

Sharma, M. (2016, July 15). 5 Reasons Why You Should Never Compare Your Kids with Others. Retrieved from **https://www.huffingtonpost.in/meha-sharma/five-reasons-why-we-shoul_b_8660618.html**

Solomons, K. (2013). *Born to be Worthless: The Hidden Power of Low Self-Esteem*. North Charleston: CreateSpace Independent Publishing Platform.

Waters, L. (2015). The Relationship between Strength-Based Parenting with Children's Stress Levels

and Strength-Based Coping Approaches. *Psychology*, 689-699.

What does resilience really mean? (2010, February 20). Retrieved from **https://www.diploweb.com/What-does-resilience-really-mean.html**

Young, E. (2019, November 5). Five Ways to Boost Resilience in Children. Retrieved from **https://digest.bps.org.uk/2019/11/05/five-ways-to-boost-resilience-in-children/**

Young, K. (2018, August 30). 20 Powerful Strategies in Building Resilience in Children. Retrieved from **https://www.heysigmund.com/building-resilience-children/**