



## ***RAISING A KID WHO CAN: Simple Strategies to Build a Lifetime of Adaptability and Emotional Strength*** by Catherine McCarthy, MD; Heather Tedesco, PhD, & Jennifer Weaver, LCSW

If we've learned anything from living through a global pandemic, it's that today's kids need to be able to adjust and recalibrate—and to manage everyday challenges with confidence and composure. But how do we ensure the next generation can roll with the inevitable punches of daily life?

Enter ***Raising a Kid Who Can: Simple Strategies to Build a Lifetime of Adaptability and Emotional Strength***, a refreshingly new approach to parenting that presents 10 essential principles for raising emotionally strong and resilient children. Written by three mental health experts—Dr. Catherine McCarthy, Heather Tedesco, PhD, and Jennifer Weaver, LCSW—this must-have playbook provides parents with all of the tools they need to navigate a complex world and help their kids move from anxious to adaptable. ***Raising A Kid Who Can*** gives parents the unparalleled opportunity to sit with a doctor, a psychologist, and a child therapist and ask: “Based on all that modern science has to offer, what are the most important things I should try to do in raising my kid?”

### **THE TEN ESSENTIALS**

*We believe that, in order to thrive, every child needs:*

1. Rest, recreation, and routine
2. Attention skills and self-control
3. Tolerance for difficult feelings
4. Tools to accept and manage anxiety
5. Psychological flexibility
6. Independence
7. Self-motivation
8. Compassion and gratitude
9. Resilience
10. Parents and caregivers who strive to embody these essentials, too—and who embrace that they themselves, just like their children, are works in progress

To learn more, visit [www.RaisingAKidWhoCan.com](http://www.RaisingAKidWhoCan.com)