

Parent Resource

When Life Gives You Lemons: Building Resilience

Source: Karla Belzer, University of Illinois Extension

Abstract: “Surely, you’ve heard the saying, “when life gives you lemons, make lemonade.” When I think about all the lemons, we’ve been handed this year, it can be difficult to see how to make the lemonade – especially for children. If you have a child in your life, stop for a moment and consider all the challenges they have had to face since March.”

When life gives you
lemons



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