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as your child grows and develops there are many things you can do to help your child these links will help you learn more about positive parenting safety and health at each stage of your child s life here are seven ways to help your child manage their anxiety or reclaim their superpowers encourage kids to make friends with their worry resiliency can be improved from an early age with simple strategies such as talking about failure differently modeling that is helping our children see how we react to negative situations is struggles can help your child savor life s best moments and give him or her the rewarding satisfaction of overcoming obstacles and succeeding you can foster your child s ability to seek challenges and bounce back from tough times to be resilient from a very young age by linking the power of goal setting to your child s future grades you help them become more proactive by considering empowering doable actions to do well in their classes do you want your children to gain confidence so that they are more likely to be have a growth mindset be resilient and have academic and personal success here are 14 strategies

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