

## Your anxious child: how parents and teachers can relieve anxiety in children

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### Abstrak

"Your Anxious Child empowers you to teach your child essential skills in engaging, creative ways. Through dozens of activities you can start using right now, your child will learn how to alleviate stress, build courage and trust, and become an innovative problem solver." "Your Anxious Child is based on the acclaimed "COPE" program, which has been used successfully with children throughout the United States for the past 15 years. The program offers physical, mental, and spiritual strategies for Calming the nervous system; activities designed to help your child Originate a creative plan to relieve anxiety; approaches to help your child Persist in the face of obstacles and failures; and effective ways for you and your child to Evaluate and refine your plan."