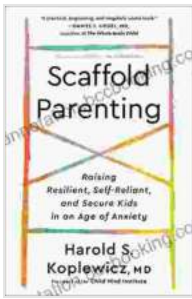


Raising Resilient, Self-Reliant, and Secure Kids In An Age Of Anxiety



Empowering Our Children to Thrive in a Challenging World

In today's fast-paced and often overwhelming world, it's more important than ever to equip our children with the tools and skills they need to navigate the challenges of life with resilience, self-reliance, and a sense of security. Anxiety has become increasingly prevalent among children in recent years, making it essential for parents to understand how to support their kids in building emotional strength and well-being.



Scaffold Parenting: Raising Resilient, Self-Reliant, and Secure Kids in an Age of Anxiety by Harold S. Koplewicz

★★★★☆ 4.7 out of 5

Language	: English
File size	: 1894 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 260 pages
Screen Reader	: Supported



In this insightful book, renowned child development experts Dr. Lisa Damour and Dr. David Walsh provide a comprehensive guide to raising resilient, self-reliant, and secure kids in the face of anxiety. Drawing on their extensive research and clinical experience, they offer practical strategies, evidence-based insights, and real-life examples to help parents:

- Understand the nature of anxiety in children and its impact on their development
- Identify the root causes of anxiety and develop tailored strategies to address them
- Build resilience in children by fostering a growth mindset, emotional regulation skills, and coping mechanisms
- Promote self-reliance by encouraging independence, problem-solving abilities, and a sense of responsibility

- Create a secure and supportive home environment that nurtures children's self-esteem and well-being

This book is an invaluable resource for parents who want to empower their children to thrive in an age of anxiety. By implementing the practical and evidence-based strategies outlined in this guide, you can help your kids develop the emotional strength, self-reliance, and security they need to navigate the challenges of life with confidence and resilience.

Free Download your copy of "Raising Resilient, Self Reliant And Secure Kids In An Age Of Anxiety" today and embark on a journey to foster the well-being and success of your children in the face of life's inevitable challenges.

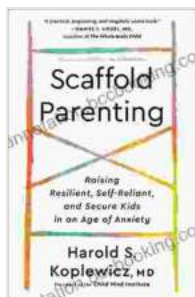
Praise for "Raising Resilient, Self Reliant And Secure Kids In An Age Of Anxiety"

"This book is a must-read for parents who want to raise confident, independent, and resilient children. Dr. Damour and Dr. Walsh provide invaluable insights and practical strategies for navigating the challenges of parenting in an age of anxiety." - *Dr. Daniel Siegel, author of "Brainstorm" and "The Whole-Brain Child"*

"A timely and essential guide for parents. This book offers a comprehensive approach to building resilience, self-reliance, and security in our children. Highly recommended!" - *Dr. Gabor Maté, author of "In the Realm of Hungry Ghosts" and "When the Body Says No"*

"Raising Resilient, Self Reliant And Secure Kids In An Age Of Anxiety" is an invaluable resource for parents who want to raise emotionally healthy and

well-adjusted children. Dr. Damour and Dr. Walsh provide clear, concise, and evidence-based advice on how to support children in developing resilience, self-reliance, and a strong sense of security." - *Dr. Ron Taffel, author of "The Mindful Child" and "Parenting the Digital Native"*



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