



# Seven Steps to Help Your Child Worry Less: A Family Guide (Seven Steps Family Guides)

*Robert Brooks, Sam Goldstein, Kristy Hagar*

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This guide for parents offers practical strategies to help teach children relaxation techniques, correct ways of thinking to combat worry and anxiety, and empowering behavioral interventions. Parents are encouraged to understand why children worry and to recognize if a child needs help with excessive worry. Explained are how to create a plan to help a child, effective strategies to reduce worry, and how to build a child's self-esteem and confidence so he or she can become more resilient. Additional guidance for medical professionals and for teachers is provided.

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