

A FAMILY GUIDE

Seven Steps To Help Your Child Worry Less



**Learn Effective Strategies
to Help Your Child
Communicate Worries**

Help Your Child Face Worries

**Develop a Plan With
Your Child to Manage
Worry, Fear, and Anxiety**

**Learn Ways to Improve
Your Child's Self-Esteem
and Build Resilience**

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Author of *Driven to Distraction*

Seven Steps To Help Your Child Worry Less A Family Guide

Rachel Sandford



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