



Keys to Parenting Your Anxious Child (Barron's Parenting keys)

M.D. Katharina Manassis

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Why are some children anxious, and how do their anxieties develop? An expert answers these questions as she describes various kinds of anxiety-related behavior commonly observed in children. Here's a practical guide that shows parents how to recognize a child's anxieties, and offers specific advice on how to help a child within the context of the family and school environment--and when necessary, where to seek professional help.

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