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developers or tech geeks and is especially useful for those preparing for engineering.

Anxious Kids Anxious Parents 7

Anxiety may affect many more children than usual this fall. Cavan Images/Cavan Collection via Getty ImagesAs a child, I had a great deal of anxiety. If you've

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ever seen me speak in public, that might

**How parents can help kids deal with
back-to-school anxiety**

Many kids became accustomed to attending virtual school and limiting in-person contact, so it's understandable that there may be increases in anxiety

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as we 'return to normal.'" "After any
disaster or...

7 Sneaky Signs Your Kid Is Dealing With Reemergence Anxiety

To help anxious kids, clinicians have developed treatments, such as cognitive-behavioral therapy, to alleviate symptoms. But the treatments can be

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cumbbersome and expensive, and they
don't always work.

Can We Help Young Brains Fight Off Anxiety?

But anxious children can't always
navigate their worries on their own, so if
you're a parent grasping for straws at
how to help kids with anxiety, you've

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come to the right place. According to
CDC... Courageous And

Independent Children **9 Self-Soothing Products That Help Kids With Anxiety Work Through Their Worries (Without Medication)**

Believe it or not, back-to-school time is just around the corner, and that means feelings of stress and anxiety might be

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starting to show. However, there are ways to help...

How to ease your child's back-to-school anxiety -- and your own

DR Judith Leiba has cautioned parents and guardians not to ignore the early signs that their child may have a mental health disorder in order to avoid long-

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term psychological damage. Dr Leiba, ...

Raise Courageous And Independent Children **Parents cautioned not to ignore signs of mental health disorders in children**

Dr. Amanda Jordan, Psy.D., a licensed psychologist at Cook Children's Alliance shared what parents can do to ease into the transition. Many students were

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learning virtually, which gave more ...

Child psychologist shares tips for easing your child's back-to-school anxiety

With most students going back into the classroom starting next month for some, anxiety could be even higher than before.

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CALM nurses save the day for anxious kids

Dr. Jessica Hawks with Children's Hospital Colorado talks about how parents and students can deal with separation anxiety.

Dealing with separation anxiety

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Here's what parents need to know to get their kids ready for school this year: Yes, we're still in a pandemic, and COVID-19 cases are on the rise across Texas due to a surge of the Delta variant. And ...

Ready for school? Here's what parents can do to prepare their child

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Dr. Jessica Hawks with Children's Hospital Colorado talks about how parents and students can deal with separation anxiety.

Dealing with separation anxiety during back to school

As a child, I had a great deal of anxiety. If you've ever seen me speak in public,

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that might surprise you. But anxiety among children is extremely common and ...

Help your child deal with back-to-school anxiety

Background: Adolescence is an important stage of psychological development, and the psychological and

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mental problems of many adults are affected by the COVID-19 epidemic. The aim of this study was to ...

Effects of COVID-19 on Mental Health and Anxiety of Adolescents Aged 13-16 Years: A Comparative Analysis of Longitudinal Data From China

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NINE in 10 parents have “serious” concerns about their children and ageing parents falling prey to fraud, according to a new study. Dubbed the ‘Scamwich Generation’, a poll of ...

Nine in 10 parents have ‘serious’ concerns about their kids falling victim to fraud

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Cary dentist Dr. Dan Howell has seen children as early as their first week of life. While that is a rare occurrence, it shows the importance of dental health in children, even at a very young age.

Cavities, X-rays, and anxiety: Preparing your child for the dentist

No matter how I try to get her off it, she

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just can't - or won't - put it down. What can I do? I'm at my wit's end. Kids' use of smartphones can cause conflict in many families. Parents will often try ...

How do I get my kids off their phones?

With COVID case counts rising, some parents want livestreamed classes and

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simultaneous teacher instruction similar to last school year.

Some public school parents say state's distance learning options fall short

Parents typically face spending £4,340 on technology by the time their children turn 16, according to calculations by

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MoneySuperMarket based on the
average UK family having 1.7 children.

**Parents spend £4,000 on tech for
each child by age of 16, study finds**

Parents typically face spending £4,340
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MoneySuperMarket based on the

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average UK family having 1.7 children.

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Cost of the digital generation:
Parents spend £4,000 on tech for
each child by age of 16 - more than
DOUBLE the amount forked out in
2019, study finds

Local parents concerned about sending
their kids to preschool this year, have a

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home-based option. From the beginning, Jessica Kirkman decided she was going to home school her 4-year-old son Mason. "I ...

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