

“Sometimes just listening is all you have to do to show you care.”

[HOW TO COPE WITH PARENTING BURNOUT](#)

[Kids and Climate Anxiety: Helping them Handle Big Worries in Healthy Ways](#)

[Imperfect Parenting](#)

[How to Change Negative Thinking Patterns](#)

[Reopen Communication After Kids Shut Down](#)

[Find Calm & Connection With Your Kids](#)

[Spanish Version: Calm and Connection With Your Kids](#)

[How to Help Kids Who Are Too Hard on Themselves](#)

[Which Kid-Safe Smartphone is Right For Your Family?](#)









[My 10 Year Capsule](#)

[Book Recommendations by Age](#)

[Kids Activities and Resources](#)

[Advance Your Child’s Key Learning Skills with Scholastic](#)

How Your Child Benefits From Engaging in Positive Self-Talk

 Builds resiliency	 Develops positive outlook on life	 Helps identify their strengths	 Instills self-confidence
 Allows them to recognize areas of improvement	 Helps them seek out what they are good at	 Empowers kids to take risks	 Gives them courage to chase dreams

verywell family