

Communication Strategies to Provide Support for Children



How can we help children when they feel anxious or afraid? Here are a few ideas on how to comfort your child & help them manage their feelings.

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[When Our Kids Feel Anxious & Scared](#)



Breathing exercises are a great way to incorporate calming activities into your child's daily routine and support a healthy immune system. Try out this simple breathing technique with your child.

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[Take 5 Breathing Exercise for Kids](#)



Perseverance is a skill needed to get through life's difficulties, and it is best learned at an early age. Check out this resource to help your child keep trying when the job is tough. #GaSEEDSforSUCCESS

[Keep Up the Good Work](#)



Communication is an important way to ensure you maintain a supportive relationship with your child. Read this article to discover 46 conversation starters to help you build connections with your child.

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[42 Conversation Starters for Kids](#)