

# Kids Count: Nurturing the Inner Strength of Our Children

In a world where children face an ever-increasing array of challenges, it's more important than ever to equip them with the skills they need to thrive. Kids Count, the latest book by renowned children's author Nichole Hansen, provides a comprehensive guide to fostering self-esteem, resilience, and a growth mindset in young children.

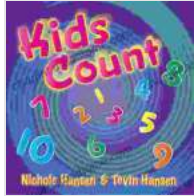
## The Importance of Self-Esteem



**Kids Count** by Nichole Hansen

★★★★☆ 4.7 out of 5

Language : English



File size : 4988 KB  
Print length : 46 pages  
Lending : Enabled  
Screen Reader : Supported



Self-esteem is a child's overall sense of worth and value. Children with high self-esteem are more likely to be:

- Confident and assertive
- Motivated and persistent
- Resilient in the face of challenges
- Empathetic and compassionate towards others

On the other hand, children with low self-esteem may struggle with:

- Anxiety and depression
- Poor academic performance
- Difficulty making friends
- Engaging in risky behaviors

## **Building Resilience in Children**



Resilience is the ability to bounce back from setbacks and challenges.

Children who are resilient are better able to:

- Cope with stress and adversity
- Learn from their mistakes
- Stay positive and hopeful
- Persevere in the face of difficulty

Parents and educators can help build resilience in children by:

- Providing a supportive and nurturing environment
- Encouraging children to take risks and try new things
- Teaching children how to solve problems and cope with setbacks
- Setting realistic expectations and providing positive feedback

## Fostering a Growth Mindset



A growth mindset is the belief that intelligence can be developed through effort and hard work. Children with a growth mindset are more likely to:

- Embrace challenges and learn from their mistakes
- Persist in the face of setbacks
- Seek out new experiences and opportunities
- Believe in their own ability to succeed

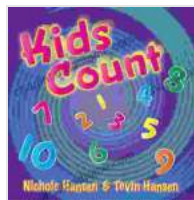
Parents and educators can foster a growth mindset in children by:

- Praising effort and perseverance, not just achievement
- Encouraging children to take risks and try new things

- Providing constructive feedback and helping children learn from their mistakes
- Setting realistic expectations and celebrating small successes

Kids Count is an invaluable resource for parents, educators, and anyone who cares about the well-being of children. By providing practical tips and evidence-based strategies, Nichole Hansen empowers us to create a more supportive and nurturing environment for our young ones. Together, we can help our children build the self-esteem, resilience, and growth mindset they need to thrive in an ever-changing world.

To learn more about Kids Count and how you can help your children reach their full potential, visit the official website at [www.kidscountbook.com](http://www.kidscountbook.com).



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