Skill Six: Taking on Challenges

The Seven Essential Life Skills Every Child Needs

“A learning relationship with a child is a lifetime in the making.” - Ellen Galinsky

Life is full of stresses and challenges. Children who are willing to Take on Challenges (instead of avoiding them or simply coping with them) do better in school and in life.

**SUGGESTION:** Manage your own stress (p.284).

**SUGGESTION:** Understand your child’s temperament—observe what your child does to calm down, and build on his or her strengths (p. 289).

**SUGGESTION:** Cultivate a growth mindset in your children (p. 295).

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