



# When I Feel Scared: A Guide For Helping Children Who Feel Scared (Volume 3)

*Laura da Silva*

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**When I Feel Scared: A Guide For Helping Children Who Feel Scared (Volume 3)** Laura da Silva

Through this guide parents, caregivers and therapists are able to help children who are struggling with feelings of fear. It identifies some events that create feelings of fear, teaches coping skills and allows for a child to express their fears to a caring adult. This guide is appropriate for ages 3-10

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