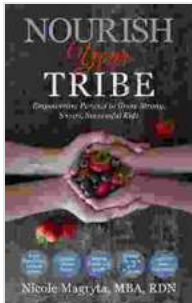


# Empowering Parents To Grow Strong, Smart, Successful Kids



## Nourish Your Tribe: Empowering Parents to Grow Strong, Smart, Successful Kids by Nicole Magryta

★★★★☆ 4.8 out of 5

Language : English  
File size : 3802 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 344 pages  
Lending : Enabled



Every parent wants their child to grow up to be strong, smart, and successful. But what does it take to raise a child who has all of these qualities? Is it genetics? Is it luck? Or is it something that parents can actually do?

The good news is that there are many things that parents can do to help their children grow up to be strong, smart, and successful. It starts with creating a positive and supportive home environment. Children who feel loved and supported are more likely to be happy, healthy, and successful in school and in life.

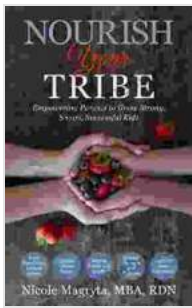
In addition to a positive home environment, parents can also help their children grow up to be strong, smart, and successful by:

1. **Encouraging them to be independent.** Children who are able to do things for themselves are more likely to be confident and self-reliant.
2. **Setting high expectations.** Children who are expected to succeed are more likely to rise to the occasion.
3. **Providing them with opportunities to learn and grow.** Children who are exposed to a variety of experiences are more likely to develop their skills and talents.
4. **Being involved in their education.** Parents who are involved in their children's education are more likely to help them succeed in school.
5. **Disciplining them with love and respect.** Children who are disciplined in a positive and respectful way are more likely to learn from their mistakes and develop good behavior.

Raising a strong, smart, and successful child is not always easy. But it is possible. By following these tips, parents can help their children reach their full potential and live happy, healthy, and fulfilling lives.

### **Additional Resources**

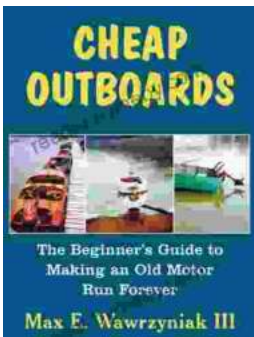
- [HealthyChildren.org](https://www.healthychildren.org)
- [American Academy of Pediatrics](https://www.aap.org)
- [Centers for Disease Control and Prevention](https://www.cdc.gov)
- [Edutopia](https://www.edutopia.org)
- [PBS Parents](https://www.pbs.org/parents)



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