

NIÑOS ›

Kids

RAISING HEALTHY, HAPPY LITTLE ONES

**PREP
FOR
SCHOOL**

STARTING
ON PAGE 14



POWER OF PERSEVERANCE

The next time your child struggles with school homework, wait before lending a hand. A new study in *Child Development* found that kids ages 4 to 7 show more persistence when they're allowed to work through a challenge on their own. Intervening too soon might convey that you don't have faith in your kid's abilities or that you'll always do hard things for them, according to study coauthor Julia Leonard, Ph.D., assistant professor of psychology at Yale. "So when you can," she said, "step back, take a few deep breaths, and have confidence in your child's journey." —DIANA AYDIN

PRISCILLA GRACG.