









Website review copingskills4kids.net

Generated on August 29 2024 09:29 AM




The score is 54/100







SEO Content

|  | Title | <p>Coping skills for kids: emotional regulation, executive functioning and soft skills</p> <p>Length : 84</p> <p>Ideally, your title should contain between 10 and 70 characters (spaces included). Use this free tool to calculate text length.</p> | | | | | | | | | | | | |
|------------------------------------------------------------------------------------|--------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|----|----|----|----|----|---|---|---|---|---|---|
|  | Description | <p>Coping skills are important for kids and adults. Find out how to develop soft skills, fine motor skills and emotional regulation skills.</p> <p>Length : 136</p> <p>Great, your meta description contains between 70 and 160 characters.</p> | | | | | | | | | | | | |
|  | Keywords | <p>Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create keywords.</p> | | | | | | | | | | | | |
|  | Og Meta Properties | <p>This page does not take advantage of Og Properties. This tags allows social crawler's better structurize your page. Use this free og properties generator to create them.</p> | | | | | | | | | | | | |
|  | Headings | <table><tr><th>H1</th><th>H2</th><th>H3</th><th>H4</th><th>H5</th><th>H6</th></tr><tr><td>1</td><td>6</td><td>0</td><td>0</td><td>0</td><td>0</td></tr></table> <ul style="list-style-type: none">• [H1] Coping Skills Practice Exercise• [H2] What does the term «coping brain» mean?• [H2] Principles for Developing our Coping Ability• [H2] Recent Posts• [H2] Recent Comments• [H2] Archives• [H2] Categories | H1 | H2 | H3 | H4 | H5 | H6 | 1 | 6 | 0 | 0 | 0 | 0 |
| H1 | H2 | H3 | H4 | H5 | H6 | | | | | | | | | |
| 1 | 6 | 0 | 0 | 0 | 0 | | | | | | | | | |
|  | Images | <p>We found 22 images on this web page.</p> <p>1 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.</p> | | | | | | | | | | | | |
| | Text/HTML Ratio | Ratio : 0% | | | | | | | | | | | | |

SEO Content

| | | |
|-----------------------------------------------------------------------------------|--------|----------------------------------------------------------------------------------------------------------------------------|
|  | | This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content. |
|  | Flash | Perfect, no Flash content has been detected on this page. |
|  | Iframe | Great, there are no Iframes detected on this page. |

SEO Links

| | | |
|-------------------------------------------------------------------------------------|-------------------------|------------------------------------------------------------------------------------------------|
|  | URL Rewrite | Good. Your links looks friendly! |
|  | Underscores in the URLs | We have detected underscores in your URLs. You should rather use hyphens to optimize your SEO. |
|  | In-page links | We found a total of 65 links including 0 link(s) to files |
|  | Statistics | External Links : noFollow 0% External Links : Passing Juice 6.15% Internal Links 93.85% |

In-page links

| Anchor | Type | Juice |
|-------------------------------------------------------------------------|----------|---------------|
| Skip to content | Internal | Passing Juice |
| For Pre-Teens | Internal | Passing Juice |
| For Parents &#038; Educators | Internal | Passing Juice |
| Brain Works | Internal | Passing Juice |
| Education Forum | Internal | Passing Juice |
| Vector icons | External | Passing Juice |
| Learning About Brain Strain Using Brain Imaging | Internal | Passing Juice |
| Coping Skills &#038; Tools Coping Skills For Kids | Internal | Passing Juice |

In-page links

| | | |
|---------------------------------------------------------------------------|----------|---------------|
| Project Advisory Board 2008-2009 Coping Skills For Kids | Internal | Passing Juice |
| Other Brain Function Web Sites Coping Skills For Kids | Internal | Passing Juice |
| About The Brain Works Project | Internal | Passing Juice |
| About The Brain Works Project Coping Skills For Kids | Internal | Passing Juice |
| Common Coping Myths And Mistakes | Internal | Passing Juice |
| Resources &#038; Activities | Internal | Passing Juice |
| Privacy Coping Skills For Kids | Internal | Passing Juice |
| Managing Anger &#038; Sadness Responses To Stress | Internal | Passing Juice |
| 2 | Internal | Passing Juice |
| 8 | Internal | Passing Juice |
| Home | Internal | Passing Juice |
| The Coping Brain | Internal | Passing Juice |
| Reptilian Coping Brain | Internal | Passing Juice |
| Emotional Coping Brain | Internal | Passing Juice |
| Thinking Coping Brain | Internal | Passing Juice |
| Coping Challenges | Internal | Passing Juice |
| Pain in my Brain | Internal | Passing Juice |
| Brain Imaging | Internal | Passing Juice |
| Changes | Internal | Passing Juice |
| Common Myths | Internal | Passing Juice |
| Brain Fools | Internal | Passing Juice |
| Anger and Sadness | Internal | Passing Juice |
| Coping Skills & Tools | Internal | Passing Juice |
| What Pre-Teens Say | Internal | Passing Juice |
| Resources & Activities | Internal | Passing Juice |
| The Brain Team | Internal | Passing Juice |
| Activities/Projects | Internal | Passing Juice |
| Emotional Honesty | Internal | Passing Juice |

In-page links

| | | |
|------------------------------------------------------------------------------------------------------------------|----------|---------------|
| Quizzes | Internal | Passing Juice |
| Other Web Sites | Internal | Passing Juice |
| Coping Skills Exercise | Internal | Passing Juice |
| 7 Key Factors | Internal | Passing Juice |
| About the Project | Internal | Passing Juice |
| Advisory Board | Internal | Passing Juice |
| Amazing Brain Facts | Internal | Passing Juice |
| Frequently Asked Questions | Internal | Passing Juice |
| Resources | Internal | Passing Juice |
| Processors and Graphics Cards specs and comparisons | External | Passing Juice |
| My daughter is about to enter High School. What would be one piece of advice you would give her? | Internal | Passing Juice |
| pavlinika | Internal | Passing Juice |
| My daughter is about to enter High School. What would be one piece of advice you would give her? | Internal | Passing Juice |
| Anyone had underdeveloped social skills as a kid that they never realized until adulthood? | Internal | Passing Juice |
| Kids and teens are losing their social skills and becoming increasingly autistic and sensitive | Internal | Passing Juice |
| Kids and teens are losing their social skills and becoming increasingly autistic and sensitive | Internal | Passing Juice |
| October 2022 | Internal | Passing Juice |
| July 2022 | Internal | Passing Juice |
| copingskills4kids-net | Internal | Passing Juice |
| Forum | Internal | Passing Juice |
| Uncategorized | Internal | Passing Juice |
| Privacy Policy | Internal | Passing Juice |
| Disclaimer | Internal | Passing Juice |
| Terms of Service | Internal | Passing Juice |
| Contact Us | Internal | Passing Juice |
| Notice of Nondiscrimination | Internal | Passing Juice |

In-page links

[Cookie Policy](#)

Internal

Passing Juice

[Router login](#)

External

Passing Juice

[CPU & GPU Comparisons](#)

External

Passing Juice

SEO Keywords



Keywords Cloud

soft fonctionning regulation skip executive **skills**
emotional content **coping kids**

Keywords Consistency











| Keyword | Content | Title | Keywords | Descripti on | Headings |
|------------|---------|-------|----------|-----------------|----------|
| skills | 3 | ✓ | ✗ | ✓ | ✓ |
| coping | 2 | ✓ | ✗ | ✓ | ✓ |
| kids | 2 | ✓ | ✗ | ✓ | ✗ |
| emotional | 1 | ✓ | ✗ | ✓ | ✗ |
| regulation | 1 | ✓ | ✗ | ✓ | ✗ |

Usability





| | | |
|--|--------------|---------------------------------------------------|
| | Url | Domain : copingskills4kids.net Length : 21 |
| | Favicon | Great, your website has a favicon. |
| | Printability | We could not find a Print-Friendly CSS. |
| | Language | Good. Your declared language is en. |
| | Dublin Core | This page does not take advantage of Dublin Core. |

Usability


Document

| | | |
|----------------------------------------------------------------------------------|-----------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | Doctype | HTML 5 |
|  | Encoding | Perfect. Your declared charset is UTF-8. |
|  | W3C Validity | Errors : 5 Warnings : 13 |
|  | Email Privacy | Great no email address has been found in plain text! |
|  | Deprecated HTML | Great! We haven't found deprecated HTML tags in your HTML. |
|  | Speed Tips | <div><div></div> Excellent, your website doesn't use nested tables.</div> <div><div></div> Too bad, your website is using inline styles.</div> <div><div></div> Too bad, your website has too many CSS files (more than 4).</div> <div><div></div> Too bad, your website has too many JS files (more than 6).</div> <div><div></div> Perfect, your website takes advantage of gzip.</div> |



Mobile

| | | |
|------------------------------------------------------------------------------------|---------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | Mobile Optimization | <div><div></div> Apple Icon</div> <div><div></div> Meta Viewport Tag</div> <div><div></div> Flash content</div> |
|------------------------------------------------------------------------------------|---------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Optimization

| | | |
|------------------------------------------------------------------------------------|-------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | XML Sitemap | Great, your website has an XML sitemap. <div>https://copingskills4kids.net/sitemap.xml</div> |
| | Robots.txt | http://copingskills4kids.net/robots.txt |

Optimization

| | | |
|----------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | | Great, your website has a robots.txt file. |
|  | Analytics | <p>Missing</p> <p>We didn't detect an analytics tool installed on this website.</p> <p>Web analytics let you measure visitor activity on your website. You should have at least one analytics tool installed, but It can also be good to install a second in order to cross-check the data.</p> |