Stress is an automatic, natural response to the threatening and enjoyable pressures of life. Everyone needs some amount of stress to function properly, but too much stress can be harmful.

**HOW CAN YOU HELP YOUR CHILD DEAL WITH STRESS?**

- Work to identify the causes of stress in your child’s life.
- Develop a plan together to handle the stressors.
- Identify with your child by “walking in his/ her shoes.”

**SIGNS OF STRESS**

- Nervousness
- Headaches
- Anxiety
- Escapism
- Overeating
- Loss of appetite
- Stomachaches
- Sleep problems
- Irritability
- Unable to have fun

**TECHNIQUES YOUR CHILD SHOULD KNOW TO REDUCE STRESS**

**Physical Activity**- It relaxes muscles and releases calming chemicals in the brain.

**Deep Breathing**- Tension is reduced by taking slow, deep breaths.

**Imagining**- Picture yourself having fun.

**ACTION PLAN FOR REDUCING YOUR CHILD’S STRESS**

- Work to maintain a consistent, loving, stable home.
- Teach your child to communicate his/ her feelings and fears.
- Explain how one can cope with those stresses.
- Work together, parent and child, to reduce stress in both your lives.
- If stress persists seek professional help.

**WHO TO CALL FOR HELP**

- School counselors, psychologists or the principal
- Social service organizations such as your local children’s services
- Counselors, psychiatrists, therapists, or other mental health professionals
- For more information about parent support groups in your area, call the Center for Community Support and Research at 1-800-445-0116.

For more online tip cards, visit kcsl.org under the “Resources” tab.

Parenting questions? Call the Parent Helpline.
1-800-CHILDREN or email/text 1800children@kcsl.org