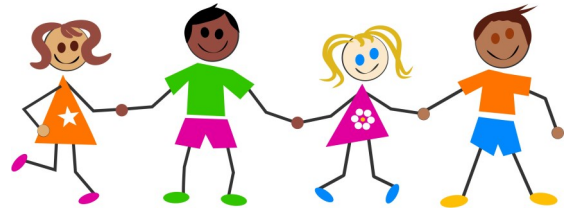


Children & Stress



Causes of Stress in Children

Home

- Not having a routine, planning too many activities, being sick, financial stress, arguing, abuse and unclear expectations can all cause stress at home.

School

- Kids may feel stress when they don't understand what their teacher expects. Other feelings, such as being afraid of failing or having a lot of pressure to do well can also cause stress.

Other Kids

- Many kids feel pressure to fit in with the kids around them. Changing a child's environment by moving to a new school or neighborhood can be stressful. Children who are bullied also experience stress.

How you can help your child

- Spend time with your child.
- Listen and be available to talk when your child is ready.
- Encourage physical activity, good nutrition, and rest.
- Teach and model good emotional responses.
- Be consistent.
- Take care of yourself and monitor your own stress level.
- Ask for help from your child's doctor, school counselor or teacher.

Signs your child is stressed

Changes in behavior and personality can be good clues that your child is stressed. Look for the following signs:

- Tired, trouble sleeping
- Weight change, eating more or less than usual
- Aggression
- Nervous habits such as biting nails
- Feeling "sick", having more headaches and stomachaches
- Increased sadness, crying
- Feeling more fearful