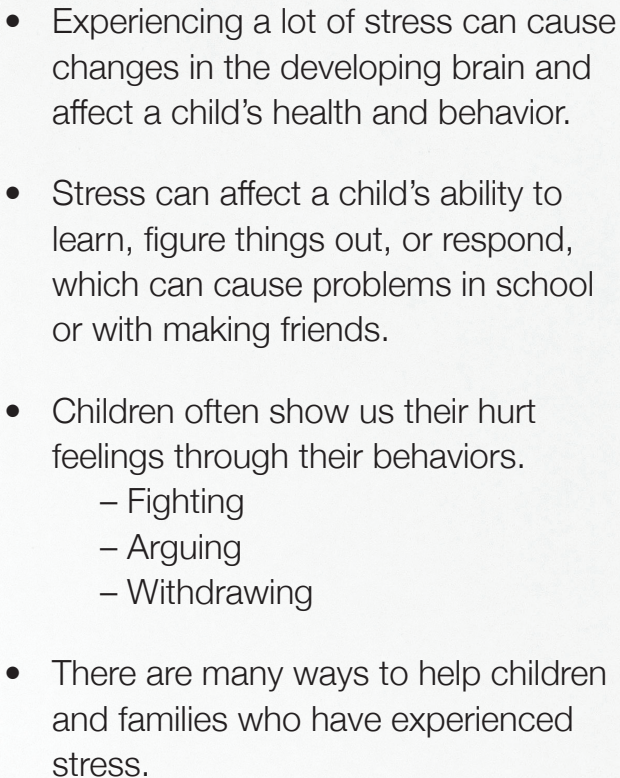


Kids and Stress

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- Experiencing a lot of stress can cause changes in the developing brain and affect a child's health and behavior.
 - Stress can affect a child's ability to learn, figure things out, or respond, which can cause problems in school or with making friends.
 - Children often show us their hurt feelings through their behaviors.
 - Fighting
 - Arguing
 - Withdrawing
 - There are many ways to help children and families who have experienced stress.

Adapted by the Central Iowa **ACES 360 Pediatric Project** from Kelly, et al., *Promoting First Relationships in Pediatric Primary Care* 2013.



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Reflective Parenting for Resilient, Nurturing Families



Adapted from Ken Ginsberg's *7 Cs of Resilience* by Central Iowa **ACES 360 Pediatric Project**

