Kids and Stress

• 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.
Reflective Parenting for Resilient, Nurturing Families

CC-123

3 WAYS
What are three ways you can show your child you love them every day?

2 ARMS, 2 EYES
Physical touch is important for nurturing and showing affection. Make sure to be present for your child every day. Make eye contact and give them lots of “positive touch” like hugs.

1 MOMENT
Take a moment when your child is stressed to ask “What does my child need from me? What are they trying to tell me? What can I do to help them?”

CONNECTIONS
Reach out to friends and family when you or your child are feeling stressed. Connections provide the support we all need to get through adversity!

COPING
Children and parents both need coping skills to calm down when stressed, and “self care” activities to help deal with adversity. What are yours? Help teach your child self-regulation skills.

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