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.

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

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!

3 WAYS

What are three ways you can show your child you love them every day? **G**

3 (C

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.

2

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?"

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

