



HOW TO HELP YOUR STRESSED OUT KIDS

A HELPFUL RESOURCE FOR PARENTS

Common Reactions to stress and anxiety including physical, emotional/behavioral and regressive behaviors. If these reactions continue for more than 2 weeks and/or are significant changes from their normal behavior, this may indicate your child needs help with managing what they are feeling. Here are some ways you can help support your child or teen.

Age	Common Reactions to Stress	How I Can Help
1-7 years (Pre-School)	<p>Physical</p> <ul style="list-style-type: none"> • Loss of appetite • Overeating • Vomiting • Bowel or bladder issues • Sleep issues including nightmares <p>Emotional/Behavioral</p> <ul style="list-style-type: none"> • Separation anxiety from parents • Hyperactivity • Shorter attention span • Repetitive talk about issue • Irritable • Nervous • Speech difficulties <p>Regression</p> <ul style="list-style-type: none"> • Thumb sucking • Bedwetting • Fear of darkness, monsters 	<p><u>Physical</u></p> <p>Rule out any medical concerns by Pediatrician/Medical Professional Consider having child sleep where he/she feels safe</p> <p><u>Emotional/Behavioral</u></p> <p>Validate concerns by allowing child to express their emotions through drawing or playing (or other ways your child communicates) Seek mental health professional</p> <p><u>Regressive</u></p> <p>Resume normal activities as soon as possible Create a new routine if needed Determine sleep schedule and help child stick to it</p>



Turn over for more

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Age	Common Reactions to Stress	How I Can Help
8-11 years (Pre-Adolescent)	<p>Physical</p> <ul style="list-style-type: none"> • Headaches • Persistent scratching • Nightmares/Night Terrors • Nausea • Complaints of visual/hearing problems <p>Emotional/Behavioral</p> <ul style="list-style-type: none"> • Withdrawal from friends/groups/family • School Anxiety/Phobia • Fear of weather (if related to incident) • Repetitive talk about issue • Sadness over loss/grieving • Boredom <p>Regression</p> <ul style="list-style-type: none"> • Excessive crying • Engaging in old habits • Competing for parents' attention • Excessive clinging 	<p>Physical</p> <p>Rule out any medical concerns by Pediatrician/Medical Professional</p> <p>Encourage physical activity</p> <p>Create good sleep hygiene</p> <p>Emotional/Behavioral</p> <p>Encourage verbal and written ways to express feelings</p> <p>Provide time for your child to connect with friends/groups/family members</p> <p>Create a safety plan and rehearse</p> <p>Seek mental health professional</p> <p>Regression</p> <p>Validate child's current struggles and provide encouragement to reach competency again</p> <p>Provide opportunity for responsibilities such as chores</p>
11-18 years (Pre-Adolescent/Adolescent)	<p>Physical</p> <ul style="list-style-type: none"> • Headaches • Sleep issues (oversleeping, lack of sleep) • Digestion issues • Bowel and bladder issues • Skin rashes • Complaint of aches and pains <p>Emotional/Behavioral</p> <ul style="list-style-type: none"> • Excessive worry • Poor concentration • Irritability/ager • Boredom • Loss of interest in peers • Loss of interest in hobbies • Drop in grades • Sadness/depression • Delinquent behavior: Lying/Stealing <p>Regression</p> <ul style="list-style-type: none"> • Failure with completing normal responsibilities • Competing for parents' attention 	<p>Physical</p> <p>Rule out any medical concerns by Pediatrician/Medical Professional</p> <p>Create good sleep hygiene</p> <p>Encourage physical activity</p> <p>Emotional/Behavioral</p> <p>Encourage verbal and written ways to express feelings</p> <p>Provide time for your child to connect with friends/groups/family members</p> <p>Create a safety plan and rehearse</p> <p>Seek mental health professional</p> <p>Regression</p> <p>Encourage to reconnect with peers and/or hobbies/activities</p> <p>Reduce expectations/responsibilities for a short time</p>

