

5 WAYS TO HELP A STRESSED CHILD



L

LISTENING

TALKING ABOUT FEELINGS DECREASES THE IMPACT OF CHILDHOOD ADVERSITY ON LONG TERM MENTAL AND PHYSICAL HEALTH.



E

EXPLORING

ALLOWING CHILDREN TO TALK ABOUT THEIR EXPERIENCES AND EXPRESS ALL THEIR EMOTIONS, EVEN THE "NEGATIVE" ONES, HELPS THEM FEEL SUPPORTED THROUGH HARD TIMES.



C

CONNECTING

MANY CHILDREN WHO'VE EXPERIENCED HIGH LEVELS OF STRESS NEED HELP ACCESSING HEALTHY COPING SKILLS. MODEL THESE AND DO THEM WITH THE CHILD.



M

MATTERING

HAVING NON-PARENT ADULTS WHO MAINTAIN A GENUINE INTEREST IN A CHILD HELPS THEM THROUGH STRESSFUL TIMES. CAN YOU IDENTIFY 2 OF THESE PEOPLE IN THIS CHILD'S LIFE?



V

VALIDATING

WHEN CHILDREN HAVE NOT HAD A CALM ADULT RESPONDING TO THEIR BIG EMOTIONS, THEY MAY TEST BOUNDARIES AND NEED YOU TO VALIDATE THEIR UNPLEASANT EXPERIENCES. VALIDATE, VALIDATE, VALIDATE.

WHEN YOU FEEL STRESSED, IT CAN MAKE IT HARDER TO DO THESE 5 THINGS FOR THE CHILDREN IN YOUR CARE.

ASK YOUR DOCTOR FOR MORE TOOLS LIKE "SUNBEAM" AND "NICER PARENTING!"