

Tips for Reducing Your Childs Stress Level

- Be watchful of changes in children's behavior
- Make expectations reasonable
- Put limits on extracurricular activities
- Encourage physical activity as outlet
- Encourage supportive relationships with extended family members, friends, & neighbors
- Talk with your child, find out what's happening in their life, and help them identify coping strategies
- Be mindful to NOT burden them with your fears, anxieties, and stresses
- Be generous with praise and encouragement, and also consistent with boundaries and limits
- Use humor during stressful times
- Set a good example – model positive coping techniques
- Spend quality family time together – dinner 3 times a week without television!
- Promote PEER support opportunities – groups and camp activities

What have you found that works with your kids?

