

Stress Management

Just like adults, children get stressed too. There are some key things that you as parents can do to help your child.

*Make sure your child is:

- getting enough sleep.
- eating healthy foods.
- drinking lots of water.

These things may sound frivolous, but these are really the foundation to any child's well being. If these needs are not being met how can your child function adequately. Just think if you are tired how much more difficult it is to handle situations calmly. Emotions tend to run high with lack of sleep and even little things can turn into big things. With enough sleep one can handle things a little more even keeled.

*Make sure you have a consistent daily routine. Stability is imperative. It makes a child feel safe.

*If you and your spouse have a disagreement go elsewhere to discuss it. Kids worry when they see parents verbally, and especially physically fighting.

*Allow kids to only have to worry about "kid worries" not adult worries. Ex. They don't need to know that you don't have enough money to pay the bills this month.

*Don't have your child be your "best friend" and confide in them. You are an adult so talk to an adult. Your child is not emotionally ready or capable of being able to deal with adult situations.

*Make sure your child gets a lot of outside playtime to run and jump.

*Limit TV and video games. They can have subject matter that is not age appropriate and content that is disturbing.

*Help your child to identify calming/soothing things to do. Ex. Listening to music, coloring, drawing, building, playing with playdough, etc.

*Teach your child to use positive self-talk (I can do it, I will be ok).

*Practice visualizations (take a pretend field trip to the beach or a peaceful meadow or even visualize themselves petting their favorite pet)

Books for kids

Cool Cats, Calm Kids

By Mary Williams