

Stress Management Techniques for Parents

Signs of Stress in Children

- Sleep disturbance
- Nightmares
- Crying outburst
- Angry episodes
- Tantrums
- Regressed behavior
- Eating too much or too little
- Complains of stomach aches
- Experiences separation anxiety
- Struggles to concentrate
- Unable to sit still
- Lack motivation
- Drop in grades
- Argumentative and defiant
- Sensitive
- Easily distracted
- Clingy
- Withdrawn behavior
- Irrational fears



Watch Out!

- *Avoid watching the news
- *Careful of talking too much about the pandemic.
- *Monitor the use of electronics: cell phone, tablets, computers and TV
- *Experiencing inexplicable fears
- *Children should be sleeping 8-10 hours of UNINTERRUPTED sleep
- *Stress can turn into anxiety: fear of getting sick, afraid of germs, excessive hand-washing, fear of public places, etc.

Try These Techniques

- Make time for outdoor play – children need to disconnect
- Engage in family play to emotionally connect to them – i.e. board games, baking together
- Encourage creative play or projects: crafts, imaginary play, art, music, etc.
- Create a “Calming Corner” with books, pillows, playdough, art supplies, stuffed animals, etc.
- Provide physical comfort - children respond to physical touch as a form of reassurance.
- Explain the situation using simple language but ALWAYS be reassuring.
- Ask them what would make them feel better. Engage them in the problem-solving process.
- Keep a consistent routine. ALL children thrive with routines.
- Establish a bedtime routine that includes some “downtime.”
- Talk about the future with a hopeful tone.