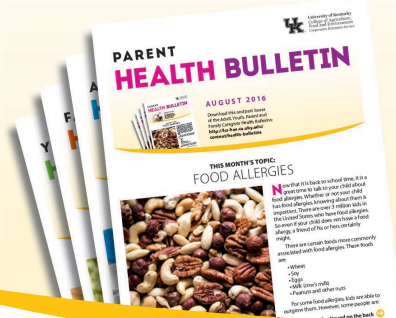


# PARENT HEALTH BULLETIN



**MAY 2017**

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<http://fcs-hes.ca.uky.edu/content/health-bulletins>

## THIS MONTH'S TOPIC: CHILDREN AND STRESS



**D**id you know that children feel stress just like adults do? As adults, we might not think our children experience stress, but the truth is that children also experience stress. Learn more about what types of stress may affect your child and some ways to cope with it.

When a person is stressed, he or she may feel like there is too much going on and they are unable to handle it. Kids can feel this too. Examples include being separated from a family member during the day or feeling pressure to do well at school. Kids may even feel stressed about trying to fit in at school. Some children feel stress when they are participating in too many afterschool

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# Children show stress through mood swings, stomachaches, or headaches. Some children have trouble focusing on schoolwork.

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activities. If your child starts to complain that they do not feel well and have no outward symptoms, talk to them about what is happening during their day. Sometimes stress can affect the body in different ways.

Some of the common ways that children show stress is through mood swings, stomachaches or headaches. For some children, they may have trouble focusing on schoolwork or doing things at home.

If you know that your child is feeling stressed, you will want to take steps to address it. The following are some ways you can help:

- **Encourage your children to talk about what is bothering them** —sometimes they might tell you. If they do not share with you, you want them to know that you are available to listen should they need it.
- **Look at your child's schedule.** Is your child in many different activities? Sometimes not having downtime can be stressful for a child.
- **As children age, they may feel more pressure at school.** Talk to your child about the importance of doing their best. If your child is having a hard time with schoolwork, you may look into ways that you can help by either helping them study for a test or talking through an assignment with your child.
- **Let your child know that it is OK to feel stress once in a while.** Sometimes, children do not know that what they are feeling is stress and they may think that something more serious

*If your child starts to complain that they do not feel well and have no outward symptoms, talk to them about what is happening during their day.*



is wrong. Share with your child that stress is normal, every once in a while.

Stress can be hard on adults, and children too! Watch out for signs that your child is stressed and if you think that they might be, see if you can find ways to reduce that stress together.

**SOURCE:**  
Kidhealth.org  
Childhood Stress  
<http://kidshealth.org/en/parents/stress.html>

**PARENT  
HEALTH BULLETIN**

**Written by:** Nicole Peritore  
**Edited by:** Connee Wheeler  
**Designed by:** Rusty Manseau  
**Stock images:** 123RF.com

