

Stress in Children: Action Steps for Parents

Children need to understand what stress is and how too much stress can make them feel. They need a lot of help to manage it, but it's going to be a team effort. The best way to explain stress to a child is to use the stress cup analogy.

During each day, small things are filling up your child's cup. Some of these are not even noticeable to them. A little bit of stress is good. It can keep us alert and focused. It's normal for us to feel some stress. The problem comes when the "cup" gets filled up, either with lots of little bits of stress, or a few big bits. You'll see some examples below.



SUMMARY OF YOUR CHILD'S CUP FILLERS AND EMPTIERS



CUP FILLERS

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CUP EMPTIERS

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YOUR PLAN



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THEY ARE THE FUTURE

**CUP FILLERS YOU CAN REDUCE OR ELIMINATE
(SPECIFY EXACTLY WHAT YOU WILL DO, AND HOW)**

**CUP EMPTIERS YOU CAN ADD OR INCREASE
(SPECIFY EXACTLY WHAT YOU WILL DO, AND HOW)**