

Childhood stress: How you can help as a parent

All young people feel stressed at times, and this is a very **normal** reaction. This might be due to:

- Death or loss
- Conflict with friends, teachers, or family members
- Divorce/change in family dynamics
- Exams/tests
- Illness of themselves or a loved one
- High levels of homework or coursework
- Feeling pressure to do well

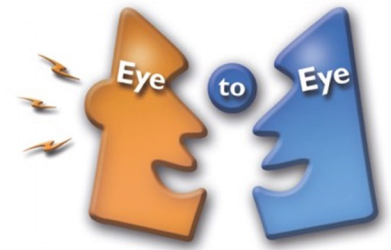
Stress isn't always a bad thing! It can push people to challenge themselves and push towards goals and deadlines, which are **necessary skills in life**.

When might stress become an issue?

- When it is long-lasting and causes prolonged anxiety
- If there is no support given or the young person has no/poor coping skills
- When the young person has no break from the stress

How can I support my child?

- Allow them to talk to you about what is stressing them out, and listen **without interruption**
- Ask if there's anything you can do to **alleviate their stress**- is there something you can help lighten the load? Help them revise for example?
- Encourage them to **take a break** often and do hobbies that **they enjoy**
- **Reassure** them that they are safe and loved
- Help them **prepare for what's ahead**- this could be schedules, timetables, or events that are likely to happen- let them feel a **sense of control**
- Keep **routines** in place, such as mealtimes, bedtimes etc- again, this gives **control & certainty**
- Focus on what they **can** do rather than what they can't- **praise and encourage** their strengths!



"Sometimes we all need someone to talk to"



Helpful Resources

[Brain Smart: Managing stress](#)

[Kids Health: Emotions and Behavior](#)

[Young Minds: Mental health advice](#)

Useful Contacts

Eye to Eye Counselling Service:

01443 202940

info@eyetoeye.wales

Childline

0800 1111

www.childline.org (online chat available)

The Mix

0808 808 4994

www.themix.org.uk (online chat available)

Kooth

www.kooth.com (online chat available)

