

# Helping your child deal with stress

1. Helping Your Child Deal With Stress Original Article by Vidya Frazier [Read Article Here!](#)
2. What is Stress? Stress is a response we have to a situation or event that requires us to adapt or change. It can be physical, mental or emotional (or all three) in nature, and it often produces anxiety. Surprisingly, stress is caused not only by situations or events that feel negative to us; those that feel positive and exciting can cause it, as well.
3. Childhood Stress Often children learn how to respond to stress by what they have seen and experienced in the past. But children often have their own natural way of responding to stressful events in life, as well. It's important to learn how your particular child acts when under stress, so you can be helpful in diffusing it effectively. Stress is a response to the demands we feel are placed on us and our belief in our ability to meet them. So it's important to understand how your children perceives both the demands being made on them and their own ability to meet them.
4. Physical signs of stress in your child Headaches Sleep Disturbances Decreasing Appetite Bedwetting Stomach Aches Stuttering Nightmares Over-eating
5. Emotional or Behavioral Symptoms of Stress Anxiety Inability to Concentrate Clinginess New or Recurring Fears Crying, Whining Aggressive Behavior Regression(thumb sucking, hair twirling, nose picking)
6. Common Sources of Childhood Stress, Childhood stress is often caused by a reaction to outside sources, such as family, friends, or school. But it can also originate within children themselves, often stemming from what they think they should be doing versus what they're actually able to do.
7. Physical Stress, An obvious stressor, of course is a physical one: Pain, injury, and illness tend to be major stressors for children. Medical treatments produce even greater stress. And children can also feel stress due to a physical problem a close family member or friend is experiencing.
8. Parental Stress, Kids tend to automatically take on the stress their parents are experiencing, such as the upset felt in situations of divorce, financial crisis, or the death of a loved one.
9. Difficult School Work, Schoolwork can be a major cause of childhood stress, especially if children feel they are not performing well enough to please their parents and their teachers and fear repercussions for low grades. Sometimes fear masquerades as laziness. Try to discern whether your child is feeling fear, rather than a preference to be doing something more exciting.
10. TV News, Kids who see disturbing images on TV or hear talk of natural disasters, war, and terrorism may worry about their own safety and that of the people they love. Take time to talk to them about what they see and hear, and monitor what they watch on TV so that you can help them understand what's going on.
11. Overscheduled, Many kids have too much happening in their lives. They don't have enough time to play creatively or relax after school. Or sometimes to even get all the sleep they require. If your kids complain about all their activities or refuse to go to them, consider that they may be overscheduled.
12. Social Demands Have an ear out for signs of social pressure your child may be feeling. Sometimes children can't express very well the anxieties they feel about how they're treated in school by other children or about how they feel they're not successful in fitting in or keeping up with others. Talk with them about these anxieties and offer stories of your own when you were a child about how you handled them.