



KINDERBERRY HILL
CHILD DEVELOPMENT CENTERS

HOW TO SUPPORT CHILDREN DURING TIMES OF STRESS



During uncertain times, children may inadvertently overhear conversations from other adults or children about current events. This may prompt children to ask questions. Parents and caregivers often ask what they can do to reassure children and help them feel safe. The way we respond to children when they are young will help them build coping strategies for future oppositions. Here are a few tips for supporting children during challenging times.

Offer extra hugs. During stressful times, hugs provide extra comfort and reassurance. Hugs are just as beneficial for adults!

Maintain your routines and schedule. Structure and reliable routines help provide comfort to your child in times of stress.

Be mindful of your environment. Be aware of what children are hearing and seeing. Try to limit exposure to the news and talk with your child about what they are seeing and hearing.

Be honest, truthful, and factual. Answer your child's questions, but do not overwhelm your child with too much information.

Provide hope and reassurance. Your child will follow your lead, so pay close attention to what she tells you or shows you what she needs from you. Reassure your child and let her know she is not alone and that together you will get through these stressful times.

Help your child express her worries and fears. It is normal for your child to experience a wide range of emotions, and she may even experience behavior changes during and following stressful events. Make sure to give grace for those unwanted behaviors. Talk with your child about what you are seeing and share your concerns.

Support physical activity. Your child needs creative outlets to express his feelings. Dancing, singing, drawing, writing, or engaging in a family game of Hide and Seek are helpful ways for your child to express himself. These types of activities also reduce stress.

Get outside. Fresh air, a nature walk, tending a garden, hanging and refilling a bird feeder, a picnic lunch, along with good dose of sunlight, can help lower everyone's stress levels.

Set goals. Perhaps your child is developing a skill that could be mastered—riding a bike, practicing site words, writing their last name, tying their shoes, etc. Setting a goal might be a good way to help your child focus on mastering a personal achievement and keeping positive during times of stress.