



## How You Know

Recognizing stress reactions in kids is not always easy. However, changes in behavior and personality are good clues that something is going on.

- Tired, trouble sleeping
- Fearful, afraid of things, not wanting to take risks
- Weight change, poor appetite or overeating
- Regression, reverting to immature behavior
- Withdrawn behavior, sadness or crying
- Aggressive behavior, anger, hostility, blow-ups or temper
- Extreme compliance, wanting to please everyone
- Nervous habits, stuttering, nail biting, tics
- More illness, headaches, stomachaches
- Extremes of clothing, attention getting action
- Dull, dazed look, tendency to daydream, be far away

## How You Can Help

Kids who are living in stressful situations at home, come to school with a load of worry. Here are some ways for you to be an active, guiding teacher.

- Greet each child warmly every day.
- Provide structure and a predictable routine.
- Be aware of nonverbal behaviors.
- Avoid putting a child in high pressure situations.
- Be emotionally and physically available for a child.
- Put yourself in the shoes of a child and remember what it was like to be his/her age.
- Eliminate stressful situations in your classroom.
- Model appropriate behavior for dealing with stress.
- Create situations in which a child can share feelings.
- Allow for developmental regression and individual differences.
- Provide open-ended activities that involve no possibility of failure.
- Value each child. What you say or don't say has a tremendous impact on a child.