



Tip #1

Listen! Every student has a different set of stress triggers and coping skills. Find time to let your son/daughter explain to you how they are feeling and listen. Don't feel as though you must talk. There is power in silence and your son/daughter will appreciate your open ears. For more tips check out "How To Talk So Kids Will Listen and Listen So Kids Will Talk" by Adele Faber.

Tip #2

Set a routine. Students work best when they have a routine, especially in the morning. Help set a calm, organized and expected routine that will set the tone for the rest of their day. Familiar schedules are very reassuring for students of all ages.

Tip #3

Let kids be kids. Our students today have lots of their plates—make sure playing and having fun are two of them.

Resources for Kids and Adolescents

www.brainpop.com	Watch a short video lesson on stress and how it effects the body. You can also play games, read jokes, and more. For grades 3 and up.
"What To Do When You Worry Too Much" by Dawn Huebner	An interactive workbook designed for students age 6–12. Great for your student to do alone or work on together.
"Stress Can Really Get On Your Nerves" by Trevor Romain	Upbeat, positive, and fact-filled. This book is full of cartoons and information which makes it perfect for kids and young adolescents.
"What To Do When Your Brain Gets Stuck" by Dawn Huebner	This interactive self-help book contains examples and activities for students that struggle with OCD.
"Wilma Jean Worry Machine" by Julia Cook.	For the student that worries about everything—big and small. Great for grades 2–5.
"Nobody's Perfect" by Ellen Flannagan Burns	Read along as the main character learns to have fun and not worry so much. A wonderful story for perfectionists age 8 and up.
Smiling Mind	An iPad app that helps students and adolescents practice mindfulness.
Relax Melodies	This iPad app helps students fall asleep with 50 different sounds.
Breathe2Relax	This free iPad and Android app guides the user through deep breathing and helps reduce stress.
"Lola's Words Disappeared" By Elaheh Bos	This kids book is now also an iPad App that helps children learn anxiety management tools.

HOW TO HELP WITH STUDENT STRESS

a guide for parents





Tip #4

Let your child know it's ok not to be perfect. Students are often expected to perform their best from tests to on the field. Let them know you respect and appreciate their effort, determination, and good character.

Tip #5

Think and talk positive! Spent a few minutes each day focusing on the good. Have student's name their favorite parts of the day or their favorite activities, hobbies, toys, food at the moment. Help students engage in positive self talk. Ask them to put their worries into words and then use logic to reframe the words into a more positive light.

Tip #6

Be a good role model. Help model for your child how to manage stress by managing your own stress. Your child will do what you do, so make time for your own self-care.



Additional Resources For Parents

Kids Health	http://kidshealth.org/parent/positive/talk/stress_coping.html
Handy Handouts– Fidgets, Tools That Take Away Stress	www.handyhandouts.com
National Association For School Psychologists	http://www.nasponline.org/educators/NASP_Stress_Article.pdf
“How To Talk To Kids So Kids Will Listen and Listen So Kids Will Talk” by Adele Faber	A wonderful book for parents that helps encourage and improve communication between parents and kids. There is also a version available for teens.
“Why Smart Kids Worry and What Parents Can Do to Help” by Allison Edwards	A book for parents of school-age kids that suffer from anxiety.
“Freeing Your Child From Anxiety” by Tamar Chanskey	This book helps parents look at what fears are normal and when and how to help students will fear, anxiety, OCD and more.
“Unwind!: 7 Principals for a Stress-Free Life” by Michael Olpin	This book on focus on using a “whole-person” approach to stress management.



Tip #7

Help students practice breathing! When the body feels stressed we often take short, shallow breaths. Help students become mindful of their breath and practice taking deep breathing. For young students watch “Belly Breathe” with Elmo by Colbie Caillat and Common (video online.) For older students practice birthday breathing. Have them imagine their favorite birthday cake covered in candles. As they inhale through their nose imagine the smell of the cake and as they exhale through their mouth imagine blowing out all the candles. If your student is hooked on technology check out the “Breathe2Relax” app.

