

Have Parenting Questions?

GET ANSWERS.

Sanford Parenting Services
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MUTCH WOMEN'S CENTER
FOR HEALTH ENRICHMENT
5019 S. Western Ave., Suite 200
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(605) 328-7155

SANFORD
HEALTH

Parenting services

Sanford Children's Parenting Services offers a variety of services and resources to get answers to your everyday parenting questions.

CAR SEAT EDUCATION AND INSPECTIONS

Is your child riding safe in the car? Get individual car seat education and inspections to keep kids riding safe in the car. Located at CHILD Services, 1115 W. 41st St., Sioux Falls.

FAMILY AND FRIENDS CPR

You hope you never have to use it; but knowing CPR is one of the most important things you can learn for your family. This class is not designed for participants who must obtain a credential for CPR course attendance.

SANFORD CHILDREN'S SAFETY CENTER

Keep your home safe. Stop by our Safety Center; a convenient one stop shop for safety items and education. Located at CHILD Services, 1115 W. 41st St., Sioux Falls.

PARENTING COACHING

Whining, not listening, biting—sound familiar to you? Individual sessions to help you deal with everyday parenting challenges. Parenting Coaching is conveniently available by phone or office visit.

PARENTING ESOURCE

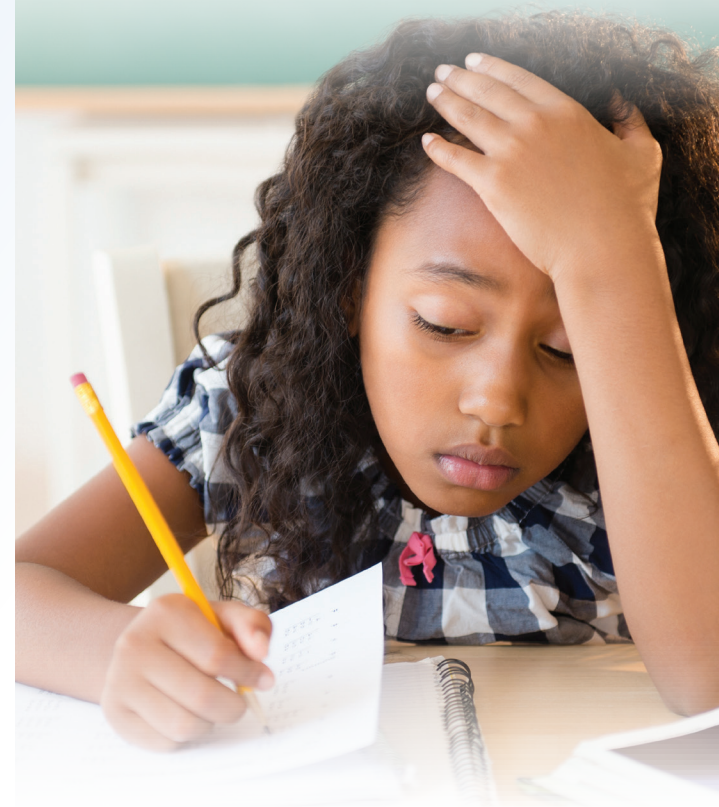
A parenting email club to receive eClasses, eNews and eNotices such as safety recalls to help you balance life and raise your family. Go to sanfordhealth.org, keyword: Parenting eSource to sign up.

EVERYDAY PARENTING CLASSES

Get answers to common parenting questions.

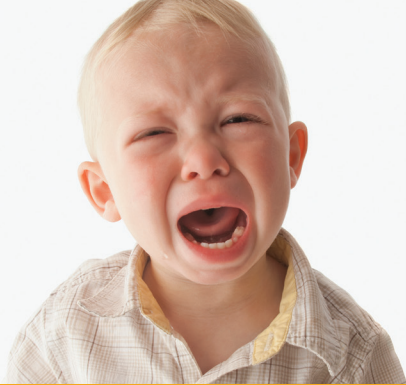
CHILDREN'S STRESS

Helping Children Deal with Stress



SANFORD
& Parenting
YOUR PARTNER THROUGHOUT PARENTHOOD

SANFORD
HEALTH



SIGNS OF STRESS IN YOUNG CHILDREN

When children can't communicate their stress in words they communicate with their behaviors. Stress-invoked behaviors include:

- Changes in eating or sleep patterns.
- Developing new habits or regressing to old habits such as thumb sucking or hair twirling.
- Bedwetting.
- Nightmares.
- Headaches or stomachaches.

HOW STRESSED ARE YOU?

Have your own emotions in check before you start to help a child deal with stress. Keep these tips in mind:

- Get your rest and eat well so you have the energy you need to be attentive and responsive to children's needs.
- Take deep breaths. Even young babies pick up on how adults are feeling.
- Watch your own stress reactions. Model how you want children to respond to their stress.
- Ask for help if you need your own support.
- If another adult is present, pause and take a break before helping the child.

DO CHILDREN FEEL STRESS?

Many feel childhood is a happy, stress-free time of life but realistically children do experience stress.

There are three kinds of stress children experience:

- **Positive stress.** This stress comes when learning a new skill. This is a positive stress as it can help children learn coping skills and how to handle challenges.
- **Tolerable stress.** This stress typically comes with the arrival of a new baby or moving to a new house. A nurturing adult in a child's life makes this type of stress tolerable. A supportive adult can help a child get through life changes.
- **Toxic stress.** This stress occurs when a child is exposed to severe, on-going stressors without the support of a reliable, nurturing person in his or her life. Toxic stress is unhealthy and can cause developmental delays and emotional health issues.

When children can't communicate their stress in words they communicate with their behaviors.

HOW CAN I HELP CHILDREN DEAL WITH STRESS?

Secure and responsive relationships can help children deal with stress.

Tips to help prevent children's stress include:

- Consistently respond to children's needs.
- Provide a safe, secure environment.
- Create routines that provide consistency.
- Teach children deep breathing skills to use when they are feeling stressed.
- Give children time to slow down and relax.

Tips to help children deal with stress include:

- Watch for verbal and nonverbal signs of stress. Ask children questions about how they are feeling to start a discussion of things they can do to deal with their feelings.
- Listen to children's expression of emotions. What are their words and behaviors telling you?
- When children are feeling stressed, talk them through coping skills such as deep breathing or moving to release the tension.

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keyword: parenting

