

**Parenting Tips**  
 from  
 Community Parenting Service  
 6a Penrith Pl  
 BALGA WA 6061  
 Phone: 9440 0011  
 Opening times : Monday to Friday 12 PM to 4 PM

**Stress and your Child**

What is stress? It is the name given to the reactions made by our bodies when we are placed in a challenging or sometimes fun situation. Ongoing or continual stress can result in serious health problems. Some of the signs that indicate stress in our children may be :

- Lack of interest in own appearance
- Changes in school performance
- Constant head and stomach aches
- Feeling of loneliness
- Lack of interest in things that were once enjoyed
- Loss of concentration

Our children may feel 'stressed' because they are experiencing:

- Negative thoughts about themselves
- The illness or death of a person they know and love
- Saying goodbye to a friend who may be moving to another place
- Being asked to compete in a fun event for the first time

Parents can help their children monitor stress and show them how to manage it. They can also watch out for signs of when their children become overloaded with stress.

To assist our children in dealing with their stress as parents we can:

- Find time to talk and listen
- Ask how best we can support them
- Remind your child of their positive attributes
- Help in the building of friendships and the resolution of conflict.
- Encourage them to participate in physical activity
- Talk openly about your own concerns



We invite you to visit our Centre to 'check out' the wide range of information that we have available for you to browse or borrow.



**Department for  
 Community Development**