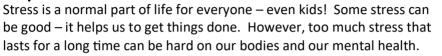


## **Child Mental Health...It Matters!**

The 2020-2021 School Year

## **Understanding kids and stress**



Stress in kids can show up in many ways, like a stomach ache or a headache. Some might act differently like becoming quieter or eating too much or too little.

## Parents can help by:

- Showing you love them and talking openly about their feelings.
- Encouraging children to try calming activities like deep breathing or doing something active.
- Being a good role model by using your own positive coping activities.
- Talking with a teacher or health care provider if the stress continues.

To learn more about kids and stress visit: <a href="https://ontario.cmha.ca/documents/understanding-and-finding-help-for-stress/">https://ontario.cmha.ca/documents/understanding-and-finding-help-for-stress/</a>

