



HELP YOUR KIDS MANAGE STRESS

Life can be stressful! As families, we often feel overworked and overscheduled. Children AND adults feel the effects of our busy lives, so it's important as parents that we're aware of stress and how to help our children handle it in healthy ways.

WHY DOESN'T ANYONE ELSE SEEM STRESSED?

Your family is not alone.

We are dealing with busy schedules, high costs, and long to-do lists. Try not to compare your family with others – we all manage stress in different ways!

WHAT DOES STRESS DO TO FAMILIES?

1. Fighting, crying, and other poor communication skills
2. Feeling tired, sick, helpless
3. Confusion, concern (especially for kids) about family safety/stability
4. More dependence on food, alcohol, technology, etc.

Work together to handle stress!

- Learn to say “no.”
Fewer activities means more space for rest as a family.
- Take 10 deep breaths.
- Exercise or go outside every day.
- Find a family program or support group.
- Spend quality time (no phones!) with family and friends.
- Set family priorities like movie night or walks every weekend.

Each week, check in with every family member:

If someone starts to feel stressed out, sit down and talk about it. Make sure everyone knows it's okay to express those feelings and ask for a break or other help.

SCAN
of Northern Virginia

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