



Four Steps for Helping Your Child Cope with Stress

- Step 1:*** Help your child understand what he or she is feeling. Acknowledge the occurrence of different feelings and talk about those feelings.
 - Step 2:*** Help your child manage these challenging emotions.
 - Step 3:*** Help your child find things about the situation that he/she can control and help your child recognize what he/she can't control.
 - Step 4:*** Help your child learn to get support, problem solve, or to let go in order to cope with the stress.
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