



Stress and Anxiety Tips for Caregivers Handout

- **Help your child cope with stress in a safe, supportive, and protective environment.**
- **Provide physical comfort with reassuring words of safety and love.**
- **Allow your child to have time and space to unwind and work through stress through free play time.**
- **Encourage your child to name and express feelings through his face, body, and words.**
- **Provide an environment with predictable daily routines.**
- **Teach and model calming strategies. Try out different techniques to see what will work for your child.**
- **Take care of your child's basic needs including good nutrition and sufficient rest and sleep.**
- **Teach your child how to problem solve.**
- **Engage your child in regular exercise through structured and unstructured activities.**