

MANAGING STRESS

Stress is a normal part of life.
Your role is to support your 2-to-5-year-old while also taking care of yourself.



Help your child

Acknowledge their emotions:

"You feel sad because we left your doggie at home; I understand."

Try some relaxation techniques:

Massage, deep breathing, or stretching.



Give them some free time:

Allow them to relax or figure out what they want to play.

Slow down:

Take the time to watch some ants at work, smell a flower, enjoy dinner by candlelight, etc.



Find time to play and laugh:

Paint together, pretend you're ninjas, sing songs, etc.



Encourage discovery:

Make new friends, try out a new park, etc.

Help them overcome challenges:

"You can put on your clothes and I'll help you do up your coat."

Give them challenges and let them make mistakes. For example, it's okay if they spill a bit as they pour a glass of water or if they put their shoes on the wrong feet.



Having a routine that allows for physical activity, proper sleep, and a balanced, varied diet helps to minimize stress.

A few things you can do to reduce your own stress

Talk

Share how you're feeling with someone you care about.



Respect your limits

"I want to stay home instead of going to the store."



Do things that make you feel good

Exercise, garden, read, take a bath, etc.



It's normal to have concerns and make mistakes.

No one's perfect—trust yourself!



Get inspired

Look at what other parents are doing and figure out what works best for your child.

Ask for help if you need it

Call Info-Santé, Info-Social at **811**.



As a parent...

What's **stressing** me out?

What helps me **relieve** stress?

How do I react when **my child** is stressed?

