

My Child's Life:

Things That Can Help Reduce Stress for My Child

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|--|---|
| 1. Gets enough exercise and free time to play and unwind | <input type="checkbox"/> Most Days <input type="checkbox"/> Some Days <input type="checkbox"/> A Few Days |
| 2. Eats healthy, well-balanced food | <input type="checkbox"/> Most Days <input type="checkbox"/> Some Days <input type="checkbox"/> A Few Days |
| 3. Has individual time with parents to share good times and problems | <input type="checkbox"/> Most Days <input type="checkbox"/> Some Days <input type="checkbox"/> A Few Days |
| 4. Receives hugs and signs of affection | <input type="checkbox"/> Most Days <input type="checkbox"/> Some Days <input type="checkbox"/> A Few Days |
| 5. Has a regular bedtime routine with time to be quiet and calm down | <input type="checkbox"/> Most Days <input type="checkbox"/> Some Days <input type="checkbox"/> A Few Days |
| 6. Gets enough sleep | <input type="checkbox"/> Most Days <input type="checkbox"/> Some Days <input type="checkbox"/> A Few Days |
| 7. Gets organized for the next day before bedtime | <input type="checkbox"/> Most Days <input type="checkbox"/> Some Days <input type="checkbox"/> A Few Days |
| 8. Has a family that laughs and enjoys being together | <input type="checkbox"/> Most Days <input type="checkbox"/> Some Days <input type="checkbox"/> A Few Days |
| 9. Lives with an adult who shows how to manage stress in a healthy way | <input type="checkbox"/> Most Days <input type="checkbox"/> Some Days <input type="checkbox"/> A Few Days |



Takehome Activity

One thing from the toolbox I would like to try with my child this week is...

www.kidshavestresstoo.org

Kids Have Stress Too!™ is a program of

