

Kids Have Stress Too!

Adults are not the only ones feeling stress. Kids do too. Children experience everyday stresses such as school pressures, parental conflicts, academic expectations, difficulty with peers and sibling rivalry. Stress in children may show up as headaches, tummy aches, change in behaviour, appetite or sleeping patterns. Parents can help children deal with stress.

The **Kids Have Stress Too!** program is a three part program designed to help parents better understand stress and to help teach their children strategies to manage it. Parents can help children deal with the pressures in their lives so that they are happier at home and at school.

For more information, call Toronto Health Connections at 416-338-7600 or visit www.toronto.ca/health (see A-Z index, Kids Have Stress Too!).

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