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From: Bounce Back Mental Health 4 Kids

**How you can help your child manage stress**

• Encourage your child to talk about what is bothering them. Take opportunities like car rides to talk.

• Don’t ask them ‘what’s wrong’? Instead, ask” How are things at “?

• Spend one-on-one time. Find hobbies that you can do with the child

• Encourage healthy eating

• Establish regular bedtime routines and times

• Have a clear morning routine (use simple pictures as reminders)

• Give back rubs and hugs

• Show them that mistakes are o.k.

• Be clear about rules and consequences

• Role play and talk through difficult situations (How can we solve this problem?)

• Tell stories about similar situations

• Be a positive role model (Learn how to manage your stress; Take care of yourself)

• Get professional help if necessary

• Explore ways to teach simple relaxation skills.

• Eli Bay guided relaxation/meditation: <http://www.elibay.com/>

**When to Try Relaxation**

1) Start with a simple practice once or twice a week during a quiet time in your day

2) Suggest that your child practice relaxing if they are having difficulty with focus (e.g. just before starting homework)

3) Relaxation is great to use just before bedtime!

4) Take a few deep breaths with them to help them calm during a particularly stressful situation

**Additional Online Resources**

www.mentalhealth4kids.ca

www.anxietybc.com

www.psychologyfoundation.org

www.kidshavestresstoo.org

www.morethanmedication.ca

www.sleepfoundation.org