

Winter Newsletter
2010-2011



Fall is leaving us and winter is approaching. This time of year can be both magical and stressful. Children also experience stress. In this newsletter I will provide information on how stress manifests itself in children. Please feel free to contact me if you have any questions regarding childhood stress. I can be reached at 846-3391 or laura_spellman@yarmouth.k12.me.us

Signs and Symptoms

Behavioral changes such as moodiness, acting out, changes in sleeping and eating patterns, or bedwetting. Other symptoms include an inability to focus, withdrawing, and trouble completing schoolwork. Developing new habits such as thumb sucking can also be a sign of stress. Your child may experience nightmares, difficulty leaving you and drastic changes in academic performance.

Reducing Stress

One of the most important ways to help lessen stress is to ensure your child has proper rest and good nutrition. Developing an exercise regimen and taking time to slow down is also helpful in reducing stress. Encourage your child to express their emotions. If your child has difficulty in doing so, books are very helpful as they can identify with the characters in the story and then brainstorm ways to help the characters in the cope with their stress. As you know children are watching us all the time. Modeling healthy ways to take care of yourself is one of the most powerful ways to help your child handle stressors in their lives. There are many relaxation strategies to help lessen stress and I would be happy to provide you with these resources if you are interested.

Relax A Bit

I offer a group for kids at all levels focusing on proactive strategies to reduce worry, anxiety and stress. The groups meet during lunch and run for 6-8 sessions. Let me know if you would like to sign your child up for this group.