

Managing Your Child's Stress

Our child may start to feel worried or stressed as they begin to have new experiences, form new friendships and juggle with the demands in schools.

Such feelings can get overwhelming at times, and there are ways we can support our child to help them navigate their stressors better.



Check-in with them

For example, by saying "It seems like you are looking a little stressed, how was your day?" can show that we care. Give them your full attention when they share about their day.



Encourage them to lead a healthy lifestyle

Ensure they have sufficient sleep, balanced meals and exercise so that they can feel their best.



Avoid over-scheduling their day

Clear up their schedule from excessive commitments and ensure that they have time for rest.



Be a role model

Model healthy ways of managing our personal stress. Our children learn by watching us, how we manage our stress can guide them on how they should handle theirs.

