



Strategies to Lower Stress Responses

SUPPORTING PARENTS & CAREGIVERS OF CHILDREN

Useful strategies for when stress or pressure becomes too much.

- * Put the baby or toddler in the crib & step away for a moment
- * Step into the bathroom (or other private area) & practice deep breathing
- * Phone a friend (regardless of what is happening around you)
- * Get outside. Use a stroller, wagon, bicycle (go for a walk), car seat (take a drive).

Breathe in fresh area & sunshine.

- *Reach out to your child's pediatrician for support
- *Self-regulation breathing exercises (follow free video on YouTube)
- *Speak to a free crisis counselor when stress levels become extreme.

(1-800-442-4253 Nat'l Child Abuse Hotline)