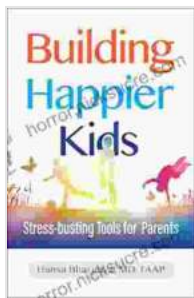


Building Happier Kids: Stress Busting Tools For Parents

In today's fast-paced world, it's more important than ever to find ways to help our kids de-stress and relax. With so many demands on their time and attention, it's easy for them to feel overwhelmed and stressed out. As parents, we can play a vital role in helping our kids cope with stress and build resilience.

Here are a few stress busting tools that you can use with your kids:



Building Happier Kids: Stress-busting Tools for Parents

by Hansa Bhargava

★★★★★ 5 out of 5

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Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
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Print length : 274 pages
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- **Talk to your kids about stress.** Let them know that it's okay to feel stressed and that you're there to listen. Encourage them to talk to you about what's stressing them out and help them to come up with coping mechanisms.

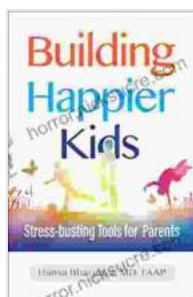
- **Help your kids to identify their stressors.** Once you know what's stressing your kids out, you can start to help them develop strategies for dealing with it. For example, if your child is stressed about school, you can help them to create a study schedule or to join a study group. If your child is stressed about extracurricular activities, you can help them to prioritize their commitments and to learn to say no to activities that they don't have time for.
- **Teach your kids relaxation techniques.** Relaxation techniques can help kids to calm down and to manage stress. Some relaxation techniques that you can teach your kids include deep breathing, meditation, and yoga.
- **Encourage your kids to get regular exercise.** Exercise is a great way to relieve stress and to improve mood. Encourage your kids to get at least 30 minutes of exercise every day.
- **Make sure your kids are getting enough sleep.** When kids are sleep-deprived, they're more likely to feel stressed and irritable. Make sure your kids are getting 8-10 hours of sleep each night.
- **Eat healthy foods.** Eating healthy foods can help to improve mood and to reduce stress levels. Encourage your kids to eat plenty of fruits, vegetables, and whole grains.
- **Limit screen time.** Too much screen time can lead to stress and anxiety. Encourage your kids to limit their screen time to no more than 2 hours per day.
- **Spend quality time with your kids.** Spending quality time with your kids can help to reduce stress and to build a strong bond. Make time

each day to talk to your kids, to play with them, and to show them that you care.

By following these tips, you can help your kids to de-stress and to build resilience. Remember, you're not alone in this. There are many resources available to help you and your kids to cope with stress.

Additional resources

- Stress and Coping in Children and Teens
- Stress in Children and Adolescents
- Helping Children Cope with Stress



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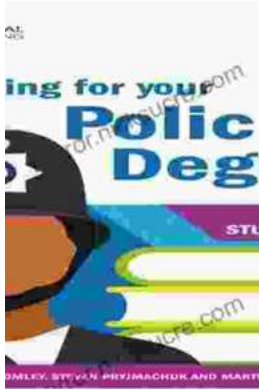
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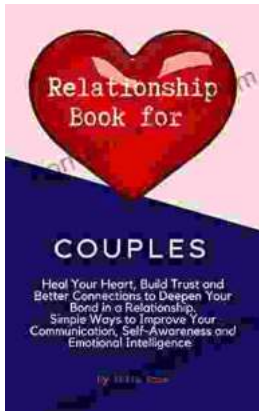
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