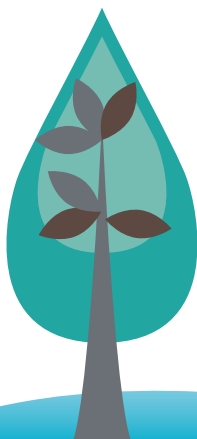


# Stress

Tips for children aged  
2 to 4 years



**Sure Start  
Children's Centres**  
Worcestershire

Find out more online:  
[www.worcestershire.gov.uk/childrenscentres](http://www.worcestershire.gov.uk/childrenscentres)

# Stress

Tips for children aged  
2 to 4 years



## What might children find stressful?

- Parents' absence
- Parental stress/anger/anxiety
- Change
- Birth of brother/sister
- Moving home
- Illness
- Loss – family/pet/key person
- Long journeys
- Not having what other children have
- Inconsistent routines
- Inconsistent boundaries
- Starting nursery/other setting.



## How might this make them feel?

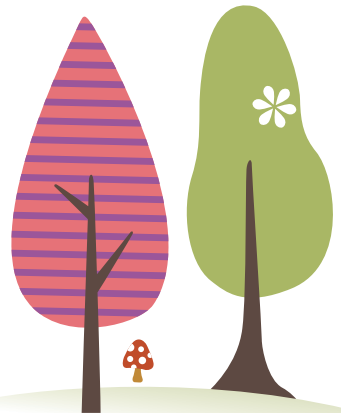
- Confused
- Worried
- Sad
- Unloved
- Lonely
- Guilty
- Tired
- Jealous
- Scared.

## How might they behave?

- Overly clingy
- Tantrums
- Poor concentration
- Fighting/arguing
- Tearful
- Obsessive behaviours
- Controlling
- Reverting to younger behaviours
- Poor sleep patterns
- Physical symptoms – headaches/'funny tummy'.

## What can we do?

- Teach relaxation
- Provide more structure/ predictability to their day
- Manage our own stress
- Prepare them for change
- Physical activity
- Plan fun time where there are opportunities to talk
- Regular meals and a healthy balanced diet.



For more information contact the children's centres team:

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Wildwood Drive  
Worcester  
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To the best of our knowledge all information was correct at the time of printing: March 2010

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