

Nurturing Children During Times of Stress

A Guide to Help Children Bloom



START A CONVERSATION WITH PARENTS AND CAREGIVERS

Use the questions below to start a conversation about stress and resilience and to introduce the guide to parents and caregivers. In addition to supporting resilience in children and parents, a conversation about this guide can be an opportunity to share information about Yolo County programs and resources, such as Family Resource Centers, parent groups, mental health services, and free activities.

QUESTIONS ABOUT STRENGTHS

- What are some things that you do in your family to support each other?
- What do you love doing with your child?
- What is something about your child that brings you joy?
- What strengths do you have that allow you to succeed even in challenging times? What about your child? (Possible strengths include flexibility, faith, supportive friends and family, humor, communication skills, ability to access help when needed.)

QUESTIONS ABOUT STRESS AND RESILIENCE

- What makes you feel most supported when you are feeling stressed? Who makes you feel supported?
- What has helped you in the past?
- How do you support your child when he/she is stressed?
- What would help you build resilience or reduce stress in your life? In your child's life?

INTRODUCE *NURTURING CHILDREN DURING TIMES OF STRESS: A GUIDE TO HELP CHILDREN BLOOM*

There are many different ways to handle stress and build resilience. Would you be willing to look through this guide to learn more about stress and how to reduce it?

REFER TO OTHER PARENTING GUIDES

You can also direct parents and caregivers to other parenting guides that Yolo County Children's Alliance has produced. All guides are available at www.yolokids.org/forfamilies.

- *Weathering the Storms: A Guide to Healthy Expressions of Emotions for Parents and Children*
- *Make Time for Yourself: A Self-Care Guide for Busy Parents*
- *Talk + Play = Connect Toolkit for Families*

THIS GUIDE WAS PRODUCED BY YOLO COUNTY CHILDREN'S ALLIANCE AS A PROJECT OF THE YOLO COUNTY CHILD ABUSE PREVENTION COUNCIL. PRINT THE GUIDE AT YOKIDS.ORG/FORFAMILIES



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CONTINUE THE CONVERSATION WITH PARENTS AND CAREGIVERS

Once parents or caregivers are familiar with *Nurturing Children During Times of Stress: A Guide to Help Children Bloom*, use the following questions to continue the discussion. It may be hard for parents to put the ideas in the guide into practice, especially if they are currently experiencing intense stress. Your ongoing support can help parents build resilience in themselves and their children.

UNDERSTANDING ORDINARY STRESS VS. INTENSE STRESS

- What kinds of ordinary stress do you feel in your daily life? We're talking about stress that is normal and that goes away once the situation is over, like starting a new job or school. What types of ordinary stress does your child feel?
- How do you experience ordinary stress in your body and mind? What about intense stress that doesn't go away? How does your child experience stress?

HANDLING INTENSE STRESS

- If you or your child is experiencing intense stress right now, what can help you reduce or eliminate the source of stress?
- How can I help you? (Refer parents to other resources if they don't have enough to eat, are experiencing financial stress, or are dealing with health issues or worries. You can start with the resources on the back of the guide.)
- What strengths do you and your child have that can help you get through this stressful time?

STRENGTHENING SUPPORTIVE RELATIONSHIPS

- Think about the strongest connection you felt with someone as a child. What did it look like? How did it feel? Can you model that for your own child?
- How do you nurture and care for your child? What ideas in this guide would you like to try to strengthen your relationship with your child?
- What relationships do you have that make you feel valued, connected, and loved? How can you strengthen these relationships?

TAKING CARE OF YOURSELF AND YOUR CHILD

- What do you already do to take care of yourself?
- What self-care practices have you already helped your child develop?
- What gets in the way of taking care of yourself?
- What ideas in the guide would you like to try or strengthen for yourself or your child?

Remember that empathy and encouragement can mean a lot to a stressed parent!