

# My Child's Life:

## Things That Can Help Reduce Stress for My Child

- |   |                                                                     |                                    |                                    |                                     |
|---|---------------------------------------------------------------------|------------------------------------|------------------------------------|-------------------------------------|
| 1 | Gets enough exercise and free time to play and unwind               | <input type="checkbox"/> Most Days | <input type="checkbox"/> Some Days | <input type="checkbox"/> A Few Days |
| 2 | Eats healthy, well-balanced food                                    | <input type="checkbox"/> Most Days | <input type="checkbox"/> Some Days | <input type="checkbox"/> A Few Days |
| 3 | Has individual time with parents to share good times and problems   | <input type="checkbox"/> Most Days | <input type="checkbox"/> Some Days | <input type="checkbox"/> A Few Days |
| 4 | Receives hugs and signs of affection                                | <input type="checkbox"/> Most Days | <input type="checkbox"/> Some Days | <input type="checkbox"/> A Few Days |
| 5 | Has a regular bedtime routine with time to be quiet and calm down   | <input type="checkbox"/> Most Days | <input type="checkbox"/> Some Days | <input type="checkbox"/> A Few Days |
| 6 | Gets enough sleep                                                   | <input type="checkbox"/> Most Days | <input type="checkbox"/> Some Days | <input type="checkbox"/> A Few Days |
| 7 | Gets organized for the next day before bedtime                      | <input type="checkbox"/> Most Days | <input type="checkbox"/> Some Days | <input type="checkbox"/> A Few Days |
| 8 | Has a family that laughs and enjoys being together                  | <input type="checkbox"/> Most Days | <input type="checkbox"/> Some Days | <input type="checkbox"/> A Few Days |
| 9 | Lives with an adult who shows how to manage stress in a healthy way | <input type="checkbox"/> Most Days | <input type="checkbox"/> Some Days | <input type="checkbox"/> A Few Days |



### Takehome Activity

One thing from the toolbox I would like to try with my child this week is...

[www.kidshavestresstoo.org](http://www.kidshavestresstoo.org)

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