

Welcome to the South Panola School District Parent Center Virtual Workshop

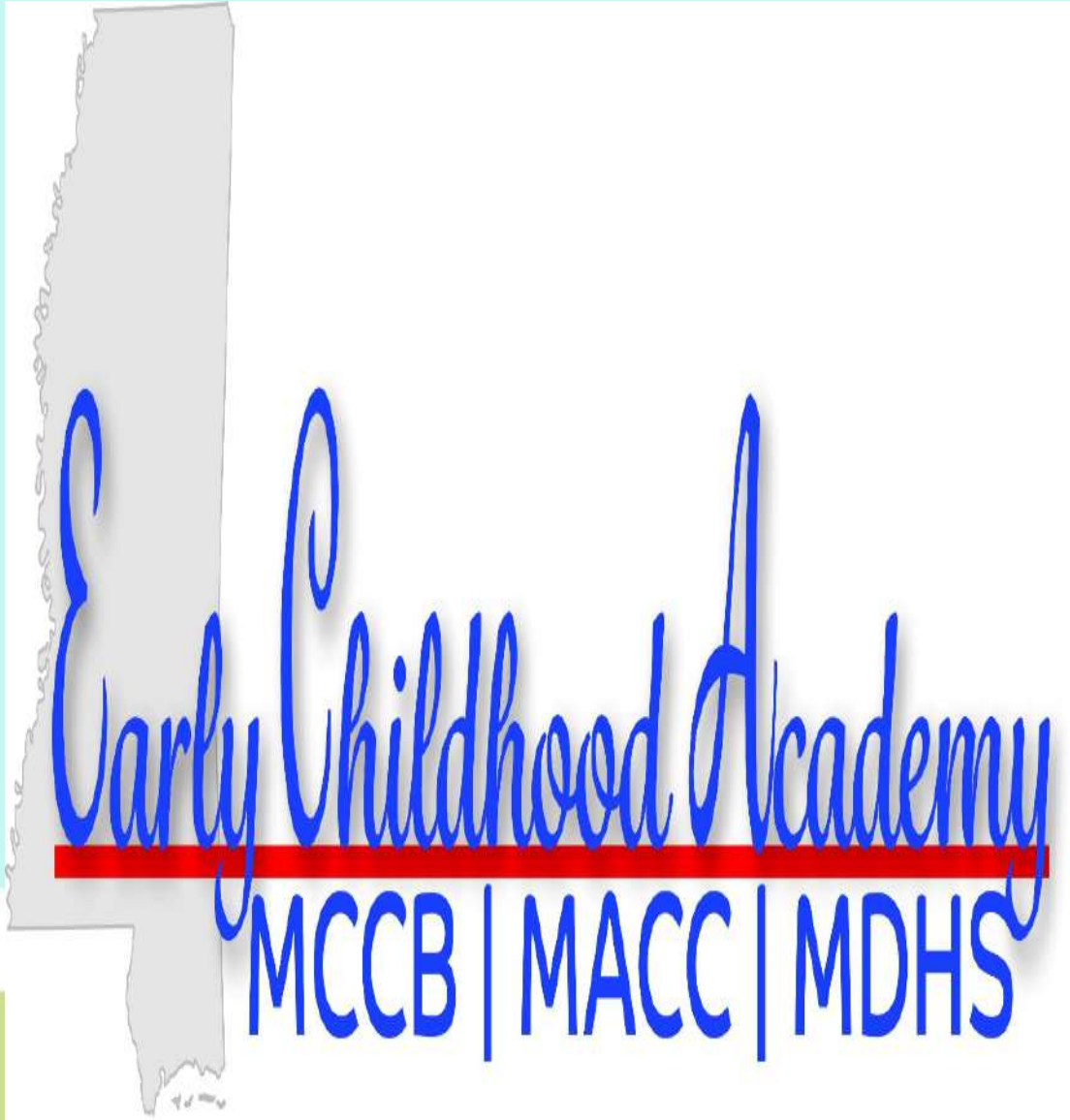


Workshops can be found on the South Panola School District
website: spsd.k12.ms.us
or for more information contact:

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Who Am I

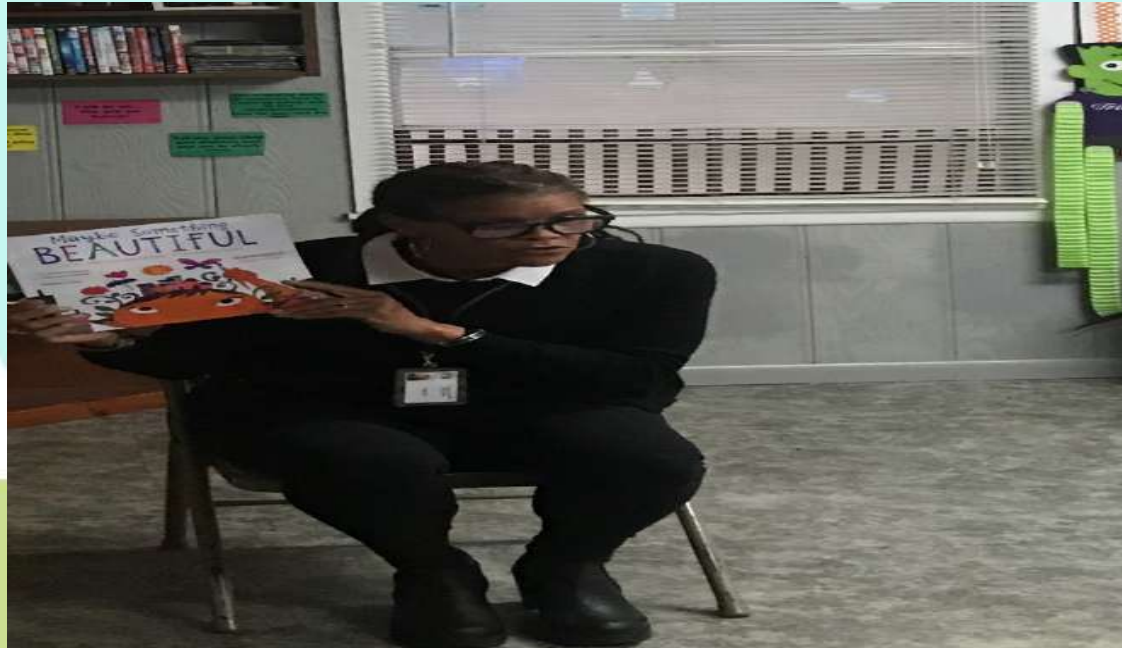


Presenter:

Ms. Tunga Otis

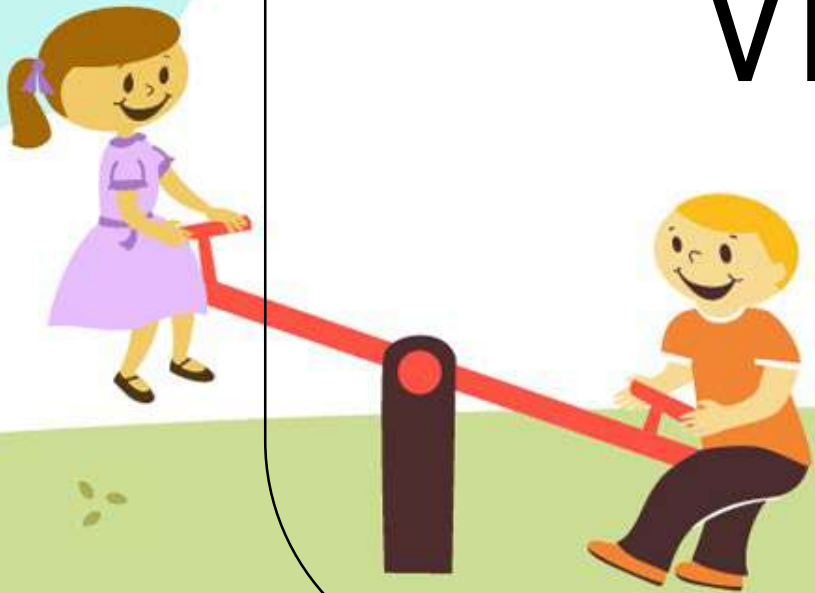
Family Engagement Specialist with the Mississippi
Community College Board(MCCB)/Early Childhood
Academy

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South Panola Parent Center

Presents a Virtual Workshop



On



Topic:

Kids Are People Too!



So often, children are punished for being human. Children are not allowed to have grumpy moods, bad attitudes, disrespectful tones, or bad days, yet we adults have them all the time. None of us are perfect, and we must stop holding children to a higher standard of perfection than we can attain ourselves.



What Is the Difference Between Stress and Anxiety?



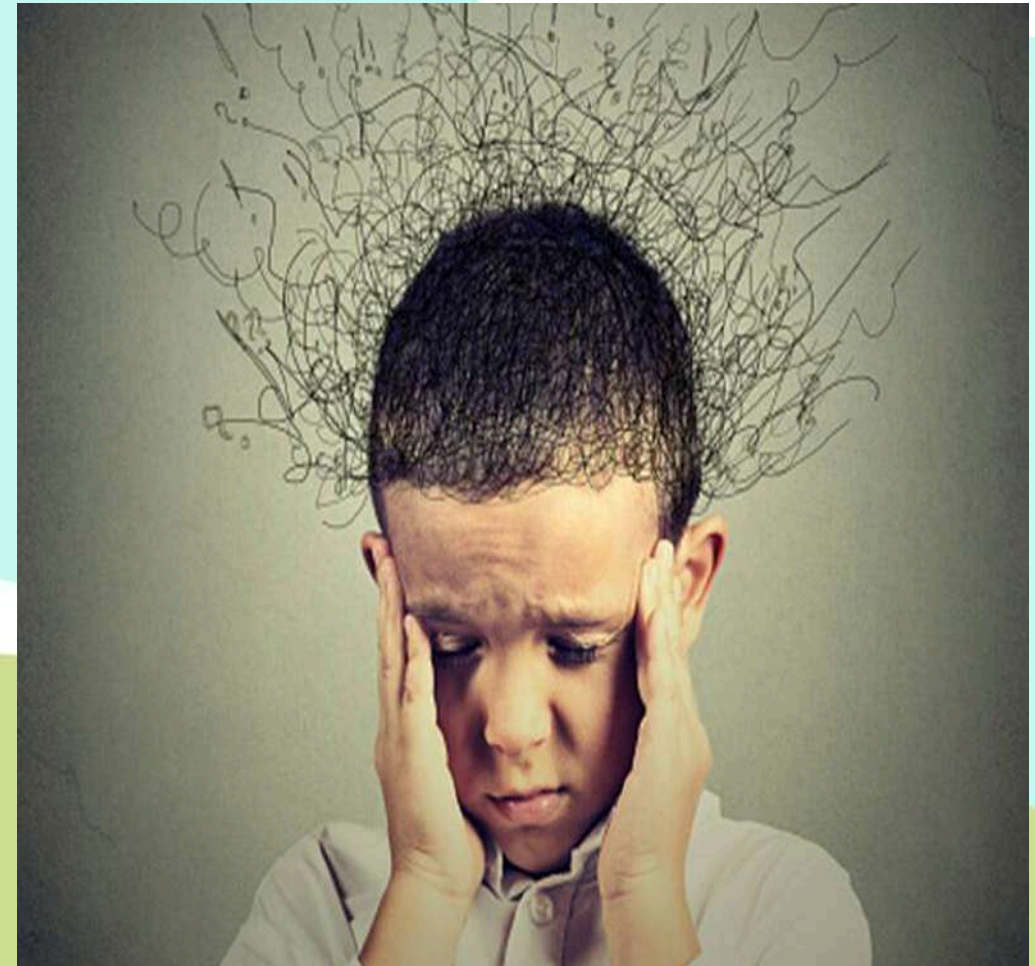
Everyone experiences stress and anxiety at one time or another. The difference between them is that stress is a response to a threat in a situation. Anxiety is a reaction to the stress. Whether in good times or bad, most people say that stress interferes at least moderately with their lives



Signs of Stress and Anxiety in Children



Signs of stress and anxiety in children often show up as physical or behavioral changes. Children respond differently to stress depending on their age, individual personalities, and coping skills. This can cause many parents to overlook the underlying issue that may be causing their child's behavior.



Recognizing Your Child's Anxiety

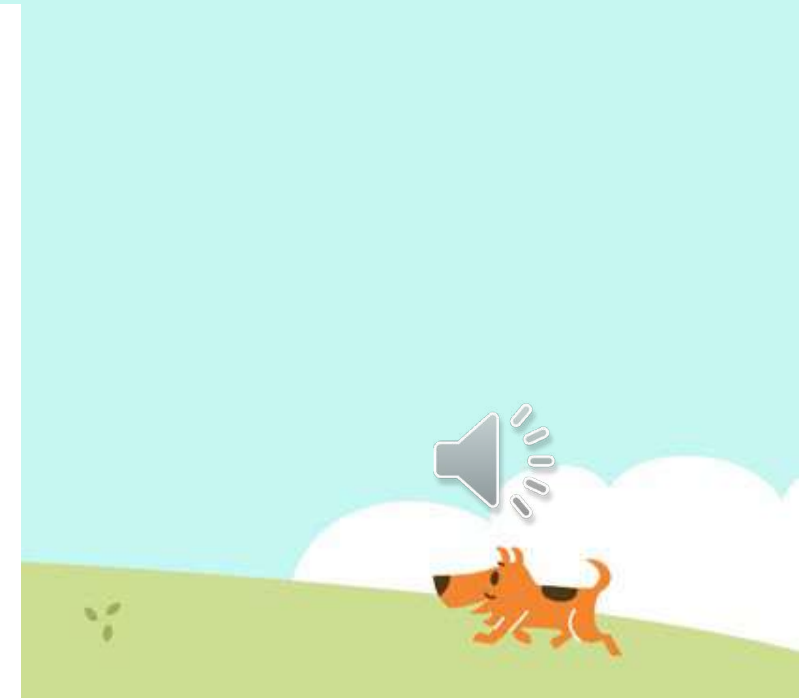


- Children may not recognize their own anxiety and often lack the maturity to explain their real or imagined stressful issues. This can cause a variety of physical and behavioral signs to emerge, and parents may be unsure whether these are symptoms of anxiety or a health problem.

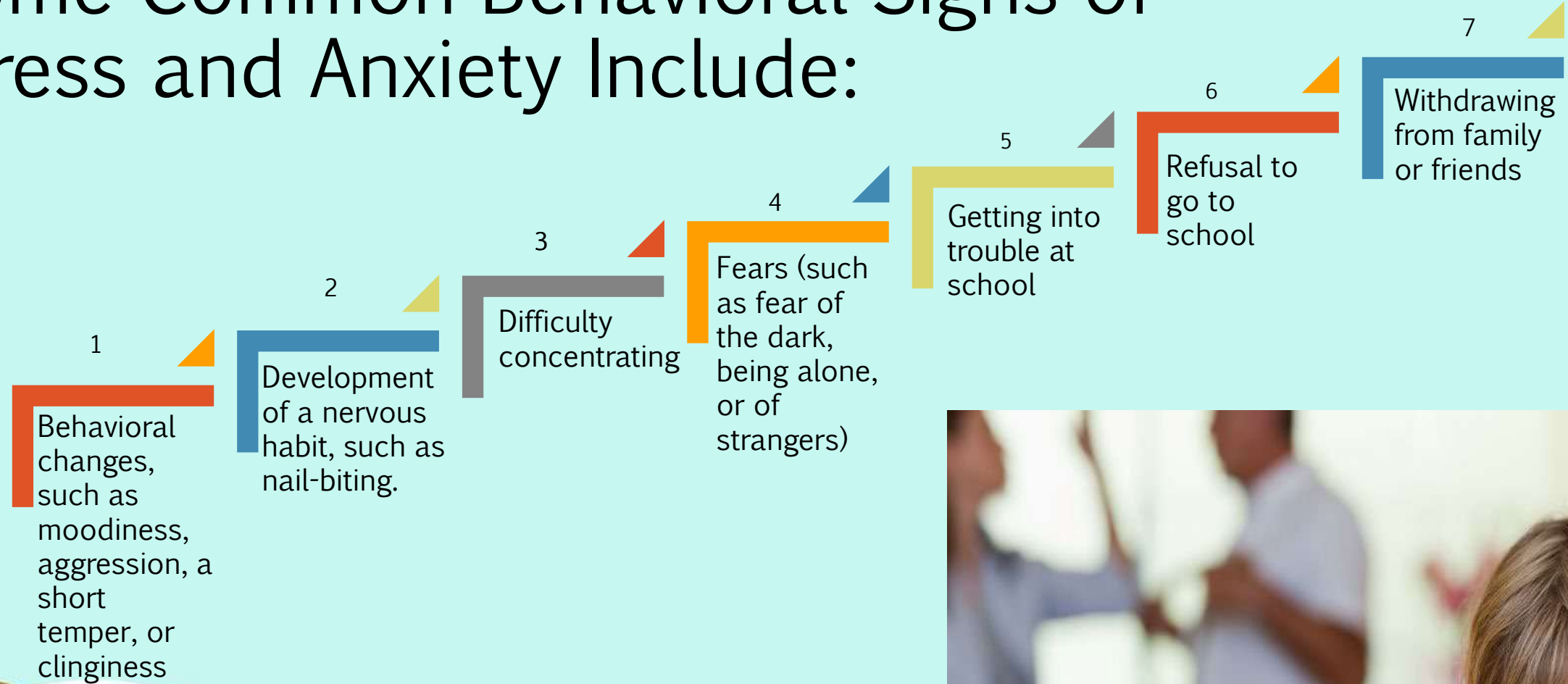


Behavioral or Emotional

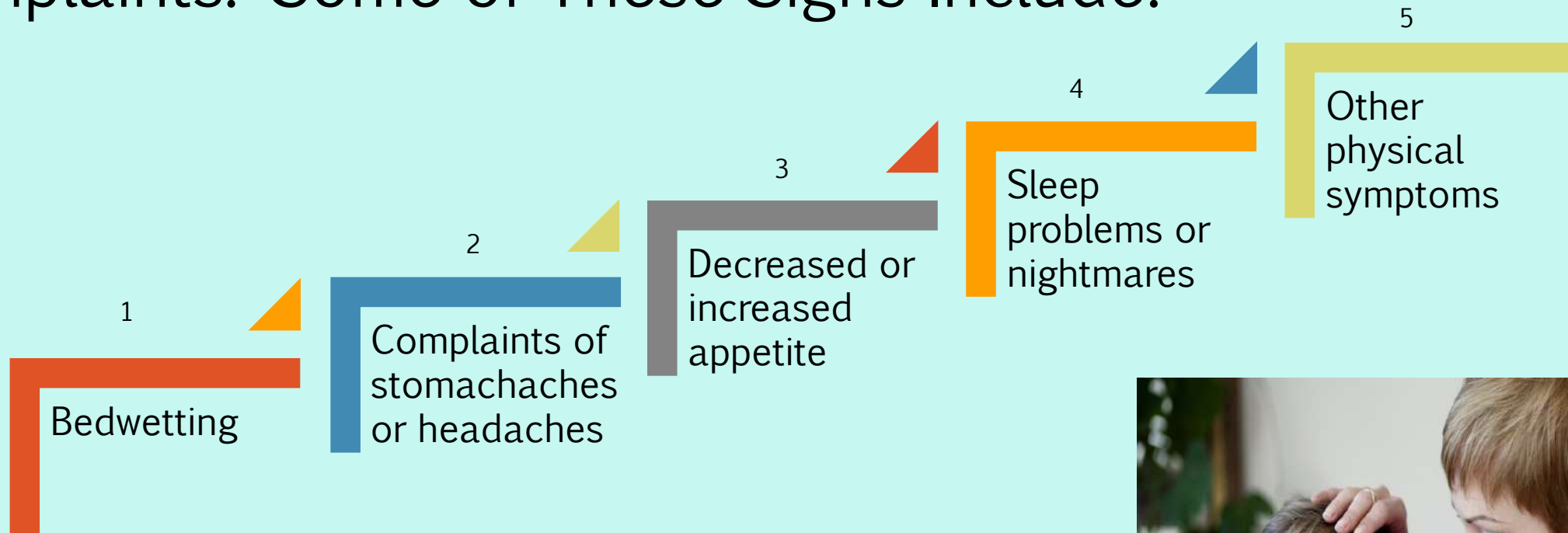
- Anxiety can cause children to act out in ways that can be frustrating or confusing to parents, but it is important for caregivers to recognize that these behavioral and emotional issues may be related to feelings of anxiety.



Some Common Behavioral Signs of Stress and Anxiety Include:



Physical Stress and Anxiety Can Also Manifest in Physical Complaints. Some of These Signs Include:



Common Causes of Childhood Stress



The source of anxiety and stress in children can be something external, such as a problem at school, changes in the family, or a conflict with a friend. Anxious feelings can also be caused by a child's internal feelings and pressures, such as wanting to do well in school or fit in with peers. Some common causes of stress in children include:



Academic Pressure



Many children experience anxiety about wanting to do well in school. Academic pressure is particularly common in children who are afraid of making mistakes or who are afraid of not being good at something.



Big Changes in the Family



- Major life changes such as divorce, a death in the family, moving, or the addition of a new sibling can shake your child's sense of security, leading to confusion and anxiety. For example, a new sibling can make a child feel threatened and jealous. A death in the family can create alarm and grief and may trigger fears about death and dying.



Bullying

- Bullying is a serious problem for many children. It can be subtle, or obvious, and may lead to physical harm. Children who are bullied often feel embarrassed about being targeted, and they may hide the bullying from parents or teachers for fear of drawing attention to their perceived weaknesses.



Catastrophic Event on The News

- News headlines and images showing natural disasters, terrorism, and violence can be upsetting for children. When kids see and hear about terrible news events, they may worry that something bad might happen to them or to someone they love.



Parental Instability

- Money and job concerns, family turmoil, and parental agitation can lead to an overwhelming sense of powerlessness for children who may feel that they want to help, but don't have the means to do so.



Popularity



- For younger grade children, separation anxiety can be a common problem. As they get older, most children want to fit in with other kids and be liked. The pressure to fit in and be popular can be agonizing. Cliques and the feeling of being excluded usually become an issue once kids enter grade school.



Overly-Packed Schedules

- Constantly running from one activity to another can cause a great deal of stress for children who usually need some quiet downtime every once in a while.



Scary Movies or Books

- Fictional stories can also cause distress or anxiety in children. Children are commonly affected by frightening, violent, or upsetting scenes from a movie or passages in a book.



Ways To Help Your Child At Home



Help Your Child Be Happy

- There are healthy ways in which your child can cope and respond to stress, they just need some help and guidance from a responsible adult.



At Home



- Create a relaxed home atmosphere and commit to a routine. Family dinners or game nights can prevent anxiety and help relieve stress.
- Make your home a calm, safe, and secure place to come to.
- Monitor your child's television shows, video games, and books.



Keep Them Involved



- Allow for opportunities where your child can have control over a situation in their life.
- Give your child a heads up on any anticipated changes and talk through the new problems with them. For example, if you will be taking a new job in a new city, what will that mean for them in terms of a new school, new friends, and a new home?
- Involve your child in social and sports activities where they can succeed.



Your Actions

- Adopt healthy habits such as exercise and self-care to manage your own stress in healthy ways. Children often mimic their parents' behaviors.
- Keep an eye out for new signs and behaviors of unresolved stress.



Learn to Listen



- Learn to really listen to your child without being critical or solving problems for them. Provide guidance to teach your child ways to understand and solve the problems that upset them.
- Provide affection and encouragement.
- Use positive reinforcement and methods of discipline that promote healthy self-esteem.



Professional Help

- Seek the advice of a healthcare practitioner, counselor, or therapist if the signs of stress do not lessen or if your child becomes more withdrawn, depressed, or more unhappy.



And Remember:





Thank you for your participation.

If you have any questions or concerns, please feel free to
contact me

Ms. Tunga Otis - 1-901-568-5608

And as always, call or visit

Mrs. Dianne Wiley at your local Parent Center

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