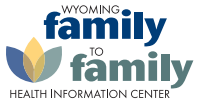
Coping/Stress Tolerance



Write some ways your child responds and copes with stress. Stressful events may include: new people, hospital stays, getting a shot or other types of medical procedures. Describe what your child does when they have had enough or is asking for help. Give examples of what you can do or say to comfort the child.

I know my child is stressed when:

Things I can do or say to help my child cope with stress (words, touch/cuddle, music, favorite object, bath, etc.):