



### **Negative and Positive Stress**

#### Negative Stress

- Anger, fear
- Situations out of control
- Negative emotion and mood

#### Positive Stress

- Challenges that excite
- Happy events
- Adapting to new situation

### **7 Tips to Reduce Stress in Children**

- Stop overscheduling
- Make time for play
- Make sleep a priority
- Teach your kids to listen to their bodies
- Manage your own stress
- Plan ahead and be prepared
- Prepare your kids to deal with mistakes

MCEC<sup>®</sup> Parent Support empowers military-connected parents with resources to be their child's first and best advocate. Learn more about ways to get involved and stay informed about upcoming webinars, workshops, and additional resources by emailing [Parents@MilitaryChild.org](mailto:Parents@MilitaryChild.org).

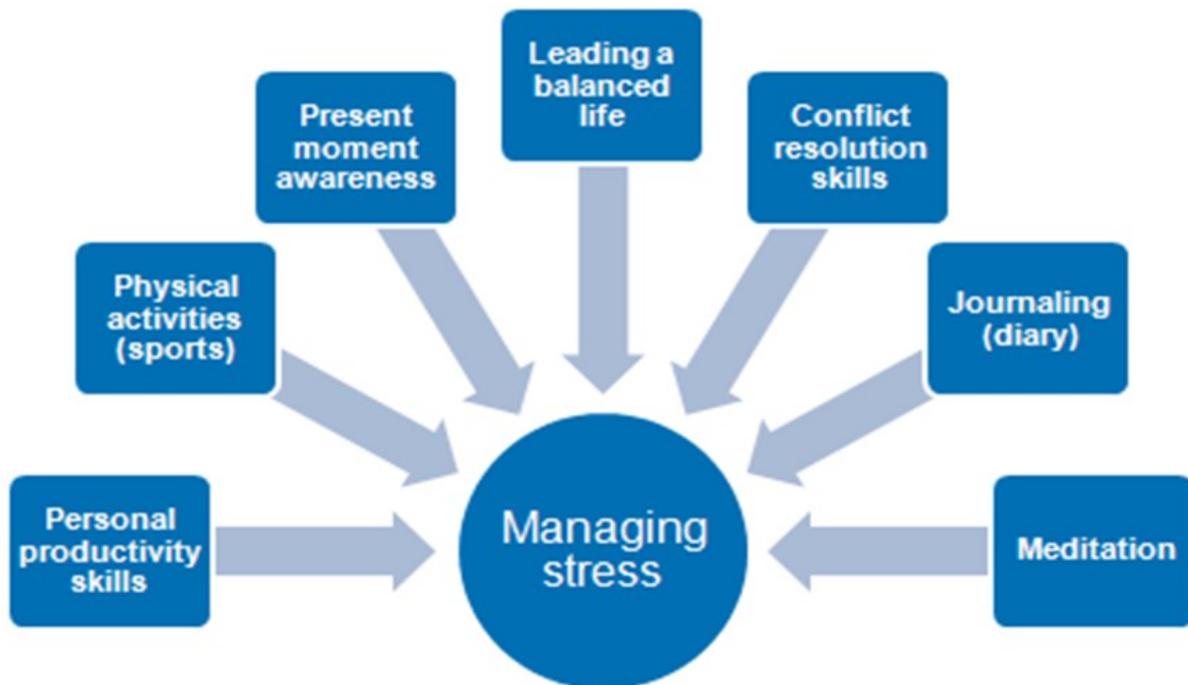


### Personal Stress Management Plan

Dr. Ken Ginsburg, the author of “Building Resilience in Children and Teens,” is a member of the Science Board at the Military Child Education Coalition. He has developed a personal stress-management plan that you can complete with your child.

- Tackling the Problem. Ask: What is causing the stress? Is it a mountain or a molehill?
- Taking Care of My Body. Exercise, focus on getting an adequate amount of sleep and healthy nutrition.
- Dealing with Emotions. Find ways to release emotional tension.
- Making the World a Better Place. Contribution gives us a sense of purpose.

Find more details about creating a personal stress management plan at [http://www.fosteringresilience.com/stress\\_management\\_plan.php](http://www.fosteringresilience.com/stress_management_plan.php)



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### Helpful Links

**Center for Parent and Teen Communication** has many tips on combating stress.  
<https://parentandteen.com> Create your personal stress management plan with your child.

**Stress Management Plan.** The full plan is published by the American Academy of Pediatrics in "Building Resiliency in Children and Teens: Giving Kids Roots and Wings"  
[http://www.fosteringresilience.com/stress\\_management\\_plan.php](http://www.fosteringresilience.com/stress_management_plan.php)

**Fostering Resilience** in children and teens.  
[www.fosteringresilience.com](http://www.fosteringresilience.com)

**FOCUS (Families OverComing Under Stress)** provides resilience training to military-connected children, families, and couples. It teaches practical skills to help families and couples overcome common challenges related to a military life.  
<https://focusproject.org/>

**Military Family Life Counselors (MFLC)** provide confidential help.  
<https://www.militaryonesource.mil/confidential-help/non-medical-counseling/military-and-family-life-counseling>

**School Liaison Officers** can help with school-related questions, transitions, and exceptional needs.  
<https://www.dodea.edu/Partnership/schoolLiaisonOfficers.cfm>

**Military Kids Connect (MKC)** is an online community for military children ages 6-17. It gives access to age-appropriate resources to support children dealing with the unique psychological challenges of military life.  
<https://militarykidsconnect.dcoe.mil/>

The **Military Interstate Children's Compact Commission (MIC3)** deals with the challenges of military children and their frequent relocations and allows for uniform treatment as military-connected children transfer between school districts.  
[www.mic3.net](http://www.mic3.net)

**Military OneSource** also offers counseling help: 800-342-9647 or live chat 24/7.  
<https://www.militaryonesource.mil/>

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### Videos

- Heart2Heart Kid Talks Stress: <https://www.youtube.com/watch?v=qmfUhxVIOxQ>
- Meditation 101: A Beginner's Guide: <https://www.youtube.com/watch?v=o-kMJBWk9E0>
- Dr. Ken Ginsburg Stress Management and Coping Plan: <https://www.youtube.com/watch?v=NHUInh9wfxA>
- Minimizing the Effects of Stress in Your Kids: [https://youtu.be/Sb\\_1Uct4mns](https://youtu.be/Sb_1Uct4mns)
- Importance of a Family Routine: <https://www.youtube.com/watch?v=5jLU59JWAYk>
- Stress Management Plan for Teens: <https://www.youtube.com/watch?v=xikl-LZVi-0&feature=youtu.be>
- Eustress: <https://youtu.be/5bjTRILHbzQ>

### MCEC<sup>®</sup> Resources

- *SchoolQuest<sup>™</sup>* is an interactive tool, specially designed to support highly mobile military-connected parents & students: <https://schoolquest.militarychild.org>
- Military Student Consultants: This program is the portal for all questions student and parent related. You can submit your specific questions concerning transition barriers and receive specialized support. To contact a Military Student Consultant, email [msc@militarychild.org](mailto:msc@militarychild.org)
- The MCEC<sup>®</sup> podcast series covers an array of informative and important topics with guests from all walks of life. Visit [Podbean](#), [Google Playstore](#), or [iTunes](#)

### MCEC<sup>®</sup> Parent Support Resources

- Find other MCEC<sup>®</sup> Parent Support [webinars](#) related to this topic on our official website [MilitaryChild.org](http://MilitaryChild.org)
- Contact your local Parent Support team for workshops offered in your community: <https://www.militarychild.org/programs/parent-to-parent>
- If you have any questions, please don't hesitate to reach out to: [Parents@MilitaryChild.org](mailto:Parents@MilitaryChild.org)

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