

“Kids Have Stress Too”... And We Can Help Them

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Did you know that children also experience stress? In today’s fast-paced world, teaching our children how to manage stress is essential.

“Kids Have Stress Too” is another topic in a series of workshops Abrigo presents to mothers looking to develop their parenting skills.

How Can We Help?

The first step is to **be a strong example**. Children learn by observing how we react when we are stressed, how we feel, and how we handle difficult situations.

To manage stress, let’s think in terms of the typical **three colours on a street light**:

Red Light: STOP – during a moment of overload. Signs include raised voice, rapid breathing, frustration. At this stage, arguing or trying to force solutions doesn’t help.

Yellow Light: ATTENTION – time to take deep breaths, sing, play, relax... activities that help us move out of the red-light zone.

Green Light: COPE – actively coping and problem-solving. At this stage, we are calm, aware, and ready to **discuss, deal with, and manage the situation** that caused the stress. For example: preparing the baby’s bag and clothes the night before, leaving early, or checking in advance on parking options. Small actions like these reduce daily stress and help us cope effectively.

Our stress **affects those around us**, and the same happens with children. That’s why **helping them handle stressful situations early on in their lives makes a big difference** — for their emotional and physical health, as well as yours.

Remember: **being a good example teaches more than words ever can**. Show them how to stay calm, plan ahead, and turn stressful moments into learning opportunities.