



PARENTING EDUCATION

School Stress

What are your memories of your own school days? Do you remember school as fun, boring, exciting, a time to be with friends? Some children experience a great deal of stress associated with school.



What might be some things that trigger school stress?

Possible Answers:

- being bullied
- having work incomplete or turning work in late
- not knowing the answer
- being slow in sports
- not having fashionable clothes (having out-of-date clothes)
- losing papers and books
- having inadequate school supplies

What are some of the symptoms of stress in children?

Possible Answers

- irritability
- depression
- impulsive behavior
- fear, anxiety, worries
- sleep problems
- nervousness
- headaches

How can we help children deal with and overcome school-related stress?

Possible Answers:

- have realistic expectations for the child
- teach them some simple relaxation techniques
- provide reassurance and encouragement

- help them identify their learning style and ways to learn information
- provide nutritious meals
- get plenty of sleep
- cut down on chaos at home—*where's my shoe, my backpack etc.?*
- don't over-commit the child with too many extra activities
- manage time wisely
- spend time having fun
- prepare for tests and discussions
- be available to listen to your child



For more information please contact

**UNIVERSITY OF THE DISTRICT OF COLUMBIA
COOPERATIVE EXTENSION SERVICE**

Ms. Jaime Brown
Extension Agent
(202)274-7136
jsbrown@udc.edu
www.udc.edu

Information in this fact sheet was provided by educators at the University of Illinois Extension Service.



COOPERATIVE
EXTENSION
SERVICE

UNIVERSITY OF
THE DISTRICT
OF COLUMBIA

