



***Transforming Stress* Group Reading Follow-up**

Dr. Kathryn (Kate) E. Patten

Transforming Stress for my children

How do I recognize that my children are stressed?

What physical, emotional, behavioural expressions of stress are present? Is it different for each child?

What things can I do with him/her to alleviate my child's feelings of stress? What can I say, do, be? Is it different for each child?