Learn about how toxic stress impacts the health of your child.

**What Can You Do to Help Your Child?**

- Provide good social support
- Positive parent-child interactions
- Talk to your doctor or healthcare provider

**Good Social Support**

*Encourage your child to…*

- Join a church group
- Participate in sports
- Join a club in school

- Join a parent group to learn effective parenting techniques/skills
- Participate in community activities

**Where Can You Find Help?**

[www.fsustress.org](http://www.fsustress.org)

**Center for Child Stress & Health**
Florida State University College of Medicine
Immokalee Health Education Site
1441 Heritage Boulevard
Immokalee, Florida 34142
1-239-658-3123

Avoiding TOXIC STRESS
Learn about how toxic stress impacts the health of your child.
What is Toxic Stress?

Anybody can experience stress regardless of their age. When we experience a stressful situation, our body reacts to it. However, not all stress is created equally. Toxic stress occurs when we experience strong, frequent, or prolonged stress.

Long-term Consequences of Toxic Stress

- Depression
- Frequent Headaches
- Heart Disease
- Cancer
- Asthma
- Anxiety
- Frequent Back Pain
- Weakened Immune System

Examples of Toxic Stress

- Divorce/Separation
- Death of a Loved One
- Exposure to Domestic Violence
- Parent or Family Member in Prison
- Neighborhood Violence
- Extreme Poverty
- Parent or Family Member who Abuses Drugs/Alcohol
- Parent or Caregiver with Mental Illness
- Neglect
- Other Ongoing Stressors

Toxic Stress in Children

Children are especially vulnerable to the effects of toxic stress because childhood is a crucial period for brain and physical development. Children who are exposed to toxic stress are at a high risk of developing illnesses as adults.