# What Can You Do to Help Your Child?

Provide good social support

Positive parent-child interactions

Talk to your doctor or healthcare provider

Join a parent group to learn effective parenting techniques/skills

### **Good Social Support** *Encourage your child to...*

Join a church group

Participate in sports

Join a club in school

Participate in community activities

## Where Can You Find Help?

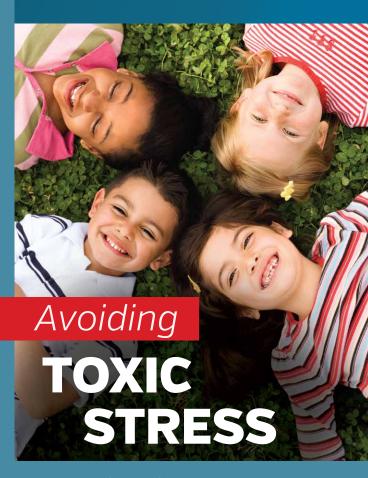
www.fsustress.org

#### **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







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.

#### **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.



#### **Long-term Consequences of Toxic Stress**

Depression

**Asthma** 

Frequent Headaches

**Anxiety** 

**Heart Disease** 

Frequent Back Pain

Cancer

Weakened Immune System

### **Examples of Toxic Stress**

Divorce/Separation

Parent or Family Member who Abuses

Drugs/Alcohol

Death of a Loved One

Parent or Caregiver with Mental Illness

Exposure to Domestic Violence

Neglect

Parent or Family Member

in Prison

**Other Ongoing Stressors** 

Neighborhood Violence

**Extreme Poverty** 

