



FLORIDA ASSOCIATION FOR INFANT MENTAL HEALTH

SUPPORTING YOUNG CHILDREN THROUGH STRESSFUL TIMES

THE ISSUE



Infants and young children feel stress when their caregivers around them are stressed, scared or upset. Infants and young children also feel stress when their routines are disrupted, and when important adult relationships are lost.

HOW CAN YOU RECOGNIZE IT?

- Restless, fidgety, or hyperactive behavior
 - Fear of being alone
 - Unusually angry
 - Tummy aches
 - Sleep disturbances, bad dreams
 - Change in appetite
 - Speech difficulties
 - Loss of bladder/bowel control, constipation, or bed-wetting
 - Increased temper tantrums, whining, or clinging behaviors
 - Loss of or regression in abilities that they had already mastered
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HOW CAN YOU HELP?

- Be aware of your emotional reactions to them
 - Be patient.
 - Seek to understand the reason for the behavior and meet that need, not stop it by punishing the child.
 - Reassure them they are safe, with your words and your actions (hugs, closeness)
 - Encourage expression through play and story-telling
 - Allow short-term changes in sleep arrangements
 - Plan calming, comforting activities before bedtime
 - Keep (or start new) regular family routines
 - Avoid media exposure (especially news)
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HOW CAN FAIMH CAN HELP YOU?



By giving your exclusive access training, support, and Florida's only professional community dedicated to supporting the mental health of infants & young children.

Memberships start at \$15! [Explore at faimh.org/join](https://faimh.org/join)

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