

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

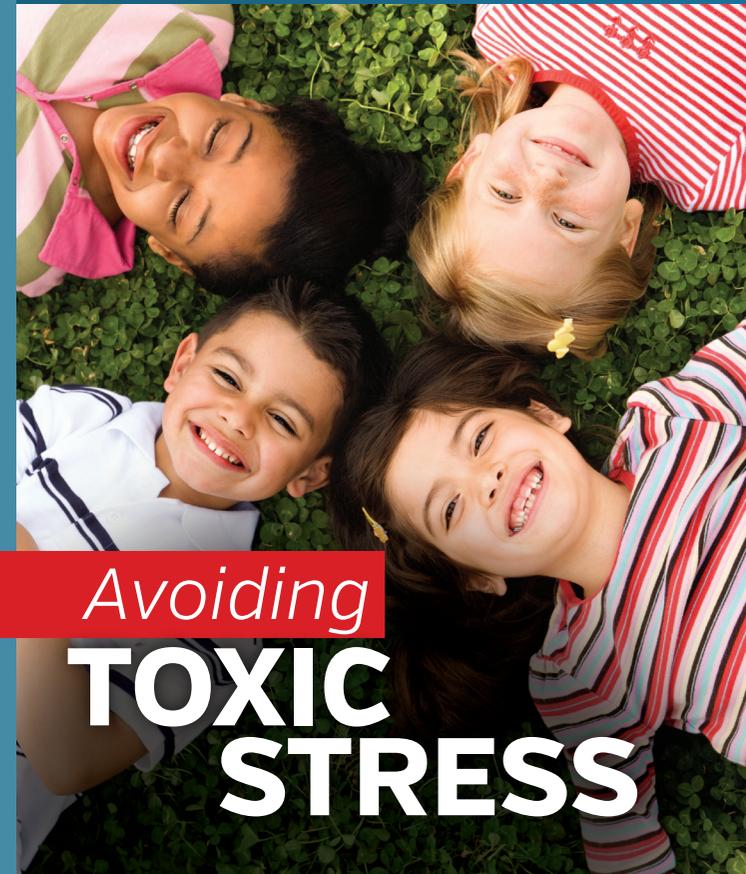
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FLORIDA STATE UNIVERSITY
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Avoiding
TOXIC STRESS

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



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

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.

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

