Avoiding TOXIC STRESS

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

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

Join a parent group to
learn effective
parenting
techniques/skills
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.

What is Toxic Stress?

Exposure to Domestic Violence
Parent or Family Member who Abuses Drugs/Alcohol
Parent or Caregiver with Mental Illness
Neighborhood Violence
Extreme Poverty

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

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.

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