

# Helping Young Children During Our Stressful Times

Young children may show regressive behaviors when they are feeling stress. Regression could include increased frequency of tantrums, wetting the bed, and changes in eating habits. Help your young child by:

- Explaining, in simple language, what is happening in the world. Explain that “the helpers” are trying to take care of the problems and help people be safe.
- Keeping a routine/schedule, understanding that you may need to be flexible at times. It’s also important to remember that new schedules may take some time for every one to adjust to.
- Make time to laugh and to be quiet together.
- Check in with your child frequently and *listen* to them.
- Help them identify a “comfort” blanket or stuffed animal.

These tips are  
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**EXCHANGE**  
THE NATIONAL EXCHANGE CLUB

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The Blue Ribbon Campaign originated in 1989 as a grandmother's tribute to her grandson, who died as a result of abuse. She wrapped a blue ribbon around her car antenna as a way to remember him and to alert her community to the dangers of child abuse. The campaign has spread across the nation and, each year The National Exchange Club observes National Child Abuse Prevention Month in April with its Believe in the Blue campaign. Helping create strong, healthy families plays an important role in the prevention of child abuse.

For additional information, please contact

The National Exchange Club:

419-535-3232

[info@NationalExchangeClub.org](mailto:info@NationalExchangeClub.org)

[NationalExchangeClub.org](http://NationalExchangeClub.org)

**Believe**  
in the  
**Blue**

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