

Which of these could be the cause of your child's stress?

A helpful strategy is to ask yourself "Why?" and "Why now?" when a change in behaviour occurs.

1. **Biological** - stress that affects our physiological system. For example, hunger, feeling tired, sickness, loud noises, feeling too hot/cold, bright lights, uncomfortable clothing, etc
2. **Emotional** - when emotions become overwhelming. Note that this could be caused both negative OR positive feelings, like surprises, disappointment, overexcitement, fear, pain, or loneliness.
3. **Cognitive** - stress caused by difficulty processing information. This can happen when your child is given a task that is too difficult or not developmentally appropriate. For example, tasks requiring a level of concentration, speed, or skill far beyond your child's current capabilities.
4. **Social** - stress that occurs in social settings. This could happen at school, birthday parties, or holidays and could be related to feeling overwhelmed in a new environment, feeling left out, bullying, jealousy, making friends, etc.
5. **Prosocial** - difficulty coping with other people's stress. For example, when a family member is sick, there's a crying baby in the environment, they're dealing with the emotions of others, or world events,