

# Helping, not hurting: Supporting your child through stress

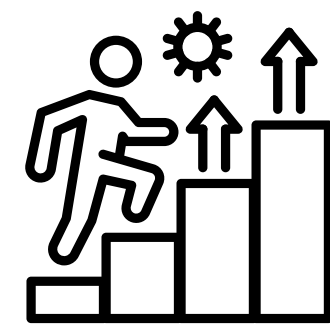
Many caregivers face this dilemma: wanting to protect their child from distress, while also knowing that challenges are a part of life. It can feel like allowing your child to face discomfort is harsh. At the same time, with support, those moments can become an act of helping—not hurting.

An important thing to remember is that uncomfortable feelings don't need to be avoided. Your role isn't to erase stress from your child's life. It's to support them as they learn that they can get through it.

1

## See stress as practice, not punishment

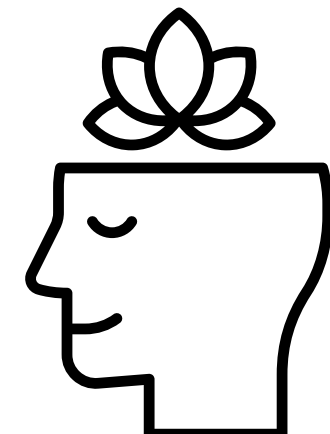
Your child doesn't need to avoid every stressful moment. Each experience is a chance to build coping skills.



2

## Model calm confidence

When you stay steady, you show your child that stress is manageable. Your reaction often matters more than theirs.



3

## Support, don't rescue

Instead of removing the stressor, support your child as they face it.



4

## Celebrate small wins

Recognize when your child faces discomfort, even in small ways. This builds their confidence (and yours) that they can handle hard things.

