

# Things that Upset or Stress Your Children

1. What bothers or upsets your children?
2. What do your children say that causes stress or bothers or upsets them?

## Strategy

Find a time when you can spend 10 to 20 minutes with each child. Ask your child about times when he or she feels worried or upset or stressed.

Questions to children:

- What do you worry about?
- What upsets you?
- What do you do when you are feeling upset?

Or

Use a sheet of paper and ask your children to write down or ask you to write down things that bother them. They may wish to draw them, then discuss them.



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