



PRESENTS

Understanding and Handling Stress

in partnership with:

EFMP Family
Support

**Fort Knox Exceptional Family Member Program
(EFMP)**



Kellie Smith, Assistant Director

- Mother and advocate
- 7+ years professional experience
- 26+ years personal experience
- Madison County





(KY Special Parent Involvement Network) Parent Training & Information (PTI) Center

Funded by the U.S. Dept. of Education under IDEA since 1988 when Kentucky first received a PTI. KY-SPIN Parent Center provides training, information and support for children and youth with all types of disabilities (birth through 26 years old), their parents, families, and professionals.



We do NOT:
Act as Attorneys

We DO:

- Empower Families to Effectively Advocate for their children
- Provide peer support to help families access needed information and resources
- Lend a listening ear



Goals and objectives

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- Understand what stress is- and it's physical impact
- Recognize personal reactions to stressful situations.
- Recognize the impact that negative stress has on health
- Recognize stress reactions in children
- Identify stress reducers for adults and children



Nurturing Parenting

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- Evidence based curricula for prevention, intervention and treatment of child abuse and neglect.
- Strength-based
- Research derived approach to meet the needs of a variety of audiences.
- Delivered through group classes and/or home visits,
- Promote strategies and techniques for parents and children to develop and increase:
 - 1) Positive self-concept, self-esteem and self-worth
 - 2) Empathy and emotional regulation
 - 3) Use of non-violent discipline
 - 4) Awareness of self, beliefs, family cultural practices and appropriate family roles
 - 5) Healthy sense of empowerment
 - 6) Positive interactions among family members



How Nurturing Parenting Programs link to the Strengthening Families Protective Factors Framework

The Nurturing Parenting Programs (NPP) are strength-based and designed to help families replace negative patterns with new, positive, nurturing patterns. The philosophy and approach of NPP align well with the Strengthening Families mission and protective factors.



Making the Link



STRESS



“An imbalance between the demands present in our lives and the resources available to cope with these demands”



When I am feeling stressed, it shows up as _____ in my _____.



One thing that is creating stress for me in my life is

_____.



What Comes to Mind?

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Stress Is...

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- A physical reaction based on our primitive response to fight or flight
- A physiological response to change in our lives (often related to a sense of loss of control.)
- A normal part of everyday life



Are you more prone
to stress than others?



Everyone Experiences Stress

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Stress can be positive

Having a deadline at work that forces you to use your time efficiently

Feeling anxious about a blind date

Buying a new home



Stress can be negative

Waiting for lab results

Financial strain

Child behavior

Concern that you aren't "doing enough"



Everyone has a role in creating their own stress

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**THE INTERPRETATION WE GIVE ANY SITUATION
HAS MUCH MORE OF AN INFLUENCE ON OUR
STRESS LEVEL THAN THE **SITUATION**
ITSELF.**



Do you have a “stress-prone” personality?

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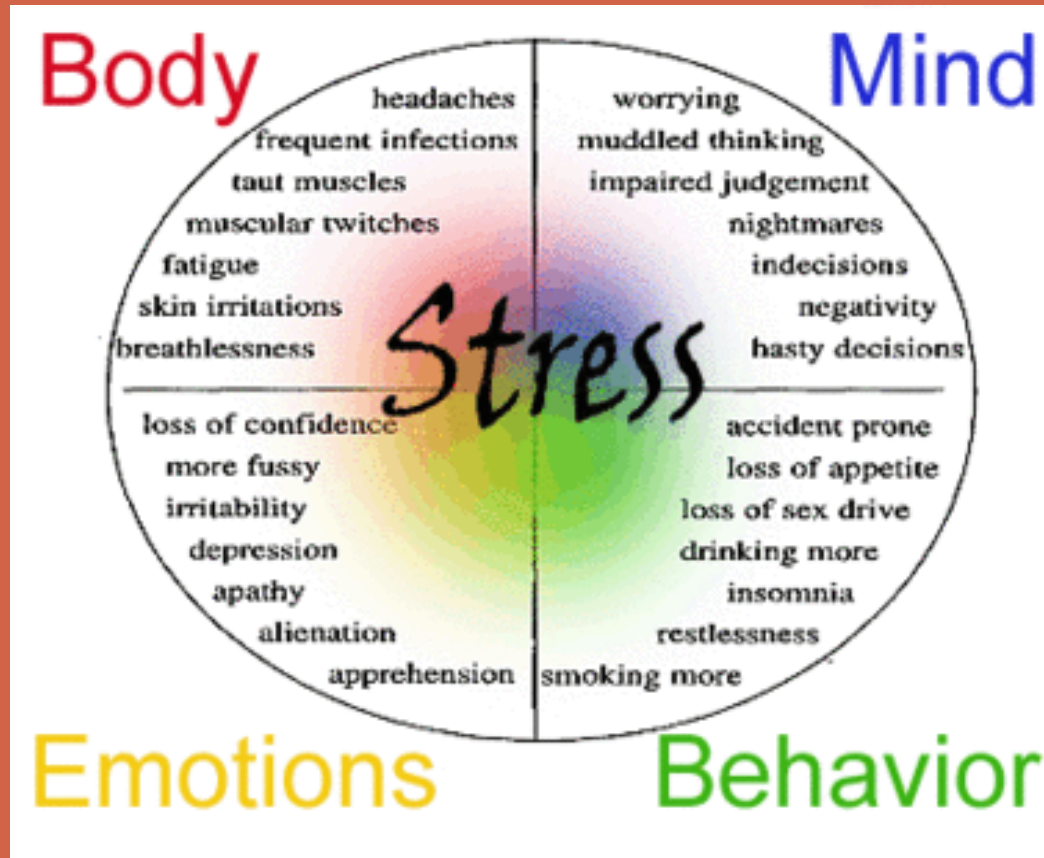
Do you...



- Operate at a more urgent pace?
- Demonstrate high levels of impatience?
- Competitive?
- Easily upset?
- Associate self-worth with achievement?



Stress Effects the **ENTIRE** Body



Stress Reducing Approaches

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Physical

- Exercise
- Get up earlier
- Prepare for the morning the evening before
- Be prepared to wait
- Breathing exercises
- Get a massage

Mental

- Plan ahead
- Count gifts/blessings
- Stop negative self talk
- Visualize success
- Focus on understanding, rather than being understood



Stress Reducing Approaches

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Social

- Say no to extra projects, activities and invitations you know you don't have the time or energy for
- Make friends with “non-worriers”
- Talk about your problems with a friend

General

- Schedule a realistic day
- Learn to live one day at a time
- Avoid people and places that don't fit your personal needs or desires
- Do one thing at a time



Children and Stress

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Reactions of
adults

Healthcare
settings

Siblings with a
disability



Children Experience Stress, Too.



- Developmental age
- Family Support and caregiver's response to stressful events
- Lack of/previous healthcare experiences
- Treatment protocols/understanding of their or their sibling's illness
- Tolerance for pain
- Personality
- Healthcare environment





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Helping Children Cope

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There are two components to reducing stress reactions:

- 1.** Eliminate Stressors
- 2.** Learning to self-regulate and change perception of stressors



Helping Children Cope

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Helping children cope with stressful situations in ***productive*** ways provides them with the confidence they need to overcome obstacles and exercise their personal power and independence ***successfully***



How do you calm yourself?

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1. Change the environment
2. ENGAGE older children



Conquering Stress

Problem Solving Technique with Children

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- What is the problem?
- Whose problem is it?
- What have we tried?
- Brainstorm with child “What can we try instead?”
- Identify (-) (+) consequences for possible solutions
- Pick one or two solutions and try them



Working Through It...

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Child misses parent while
at the hospital.

Who's problem is it?

Child's **and** parent's



Working Through It...

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- What have you tried?
 - Calling Parent- but they're not always at home.
 - Parent coming to the hospital after work everyday (problem for is they work full time and live 1.5 hours from the hospital).



Working Through It...

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What can we try instead?



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Working Through It...

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Parent ideas-

- Child and Parent can exchange pictures
- Child keeps something that reminds him of their parent
- Parent and child Skype
- Parent reads a book and records their voice for the child to listen to
- Child makes a calendar to mark of days until the weekend



Working Through It...

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What can we try instead?



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Working Through It...

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Child ideas-

- Parent quits job and stays with me
- I don't go to the hospital anymore
- When I get home Parent takes me to the store and buys me a present



Other Coping Mechanisms

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- Gentle touch-(massage)
- Listening to soft music
- Affirmations/setting simple goals
- Relaxation and Visualization
- Practice slow breathing
- Exercise
- Journal or write stories
- Use imagination
- Label emotions
- Create consistent routines
- Allow transition time
- Limit sugar and caffeine
- Use humor



STRESS FREE





For most up-to-date information/resources for individuals with disabilities, their families and professionals,

[please visit our webpage](#)

[Sign up](#) for KY-SPIN eNews

Follow us @kyspininc :





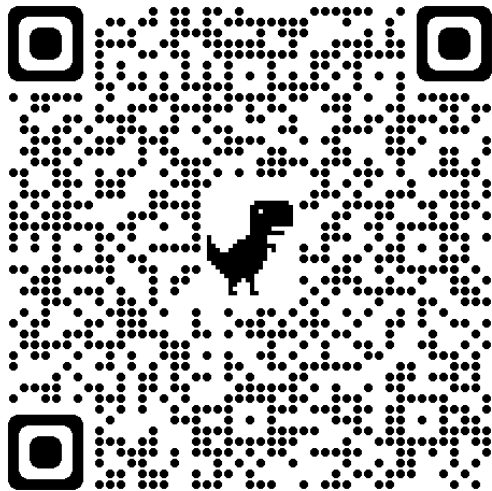
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