



SOS CARE KIT

Coping / Stress

Use this page to talk about how your child copes with stress. What are stressful events for your child: new people, long lines, cold weather, dentist visits? Describe what things upset your child and what your child does when upset and has “had enough.” How does your child ask for help? How do you comfort your child?

Typical Daily Schedule

Example: Maddie screams when introduced to new learning material. After she has had her little outburst, she will rock for about 2 minutes and then ask for help.
