

## Lesson 13.2

# Helping Relieve Toddlers' Stress

Name \_\_\_\_\_

Date \_\_\_\_\_ Period \_\_\_\_\_

*Stress comes from many sources and can affect each member of the family. Toddlers lack understandings of adult stressors. The expectations and demands placed on toddlers can also be stressful. Read each scenario and write in the space below each scenario a way or ways to relieve toddler stress.*

1. Recently Mrs. Babcock has been under tremendous work pressures with too many deadlines and supervisory hassles. She is considering leaving the position, but her family needs the income. Her husband understands, but is getting tired of her indecision and growing unhappiness. Their two-year-old is experiencing far too much family tension. How could the toddler's stress be relieved?

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2. Mornings are horrible for Mason. He wants to play and eat slowly, but his mother needs to clock in at 8:00 a.m. for work. Once they arrive at his center, the toddler teachers struggle to handle several children's separation anxiety, including Mason's. How could Mason's stress be relieved?

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3. Mia's mother inadvertently caused Mia to develop a fear of the unreal after reading to her "The Three Little Pigs." Now she thinks the wolf is real and might "blow their house down." Thus, Mia clings especially at bedtime. How could Mia's stress be relieved?

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(Continued)