



Dos and Don'ts of talking to your kids about stress:

Do ... listen to hear.

Don't ... listen to respond.

Do ... validate.

Don't ... problem solve.

Do ... identify how you are feeling in the situation.

Don't ... cover anxiety with anger.

Do ... check your own anxiety before beginning the conversation.

Don't ... start a discussion when you are feeling anxious.

Do ... stay in the moment.

Don't ... bring up the past or the future.

Do ... normalize what is normal.

Don't ... pathologize what is normal.

Do ... recognize when stress has become problematic.

Don't ... dismiss problematic behavior as “kids will be kids.”

Do ... pay attention to positive behavior.

Don't ... dwell on negative behavior.

Do ... talk to your kids about what he/she is interested in.

Don't ... measure your kids' success by grades and college application items alone.

Do ... stay connected.

Don't ... micromanage.

Tracey Masella, LCSW