

Toolbox Activity #6:

A Child's Life in the Early Childhood Program

Complete the following checklist for every child who shows indicators of stress on an ongoing basis.



Things That Can Help Reduce Stress for a Child	Every Day	Most/ Some Days	Plan to Change
• Has a consistent positive arrival routine			
• Receives greeting and support from practitioner			
• Has peers that laugh and enjoy being with the child			
• Has individual time with practitioner to share good times and problems			
• Receives hugs and signs of affection			
• Gets enough exercise and free time to play and unwind			
• Is offered a variety of familiar, healthy, well-balanced food in social, unrushed time period			
• Has choices about what food to eat and in which order			
• Receives support and acceptance for strong emotions			
• Has access to personal objects that are soothing			
• Is taught acceptable strategies for expressing emotion			
• Has a regular rest time routine with time to relax			
• Has alternative quiet activities if doesn't sleep			
• Receives positive guidance rather than negative consequences for challenging behaviour			
• Has choices about participating in routine and group or adult-led activities			
• Knows what alternatives are available when alone-time is needed			
• Feels competent to carry out tasks and routines and meet expectations			

Remember...

Feeling in control reduces stress.

Feeling out of control escalates stress.

