



Help youth practice coping skills



Our kids have stress just like us. A little bit of stress is okay but too much can be harmful.

Help kids identify where their stress is coming from. It could be tests, sports, medical visits, friends or home environment. You could talk over new experiences with them before so they are prepared for what will happen.

Helping kids cope with stress today can help raise healthy, caring, responsible children and build a brighter future.

Give young people appropriate and important responsibilities within the family.



Kids don't really mind helping out around the house. Just remind them sometimes why having these responsibilities is so important.

Try doing some household jobs together and put some music on to help make them more fun. Or try giving them a few jobs and letting them choose one at a time.

Giving kids responsibilities today can help raise healthy, caring, responsible children and build a brighter future.

Together We Can Value Every Kid.

For more information, visit www.everykid.on.ca

Production of this advertisement has been made possible through financial contribution from Health Canada.
The views expressed herein do not necessarily represent the views of Health Canada.