

Common Developmental Stressors and Tips to Help



INFANTS (0 to 12 months)

- **Stressors:** Change in routine, new people and environment, stranger anxiety, parental stress
- **Tips:** Keep your routine, talk positively and smile at your baby, be sure to take care of yourself!

TODDLERS (12 months to 3 years)

- **Stressors:** Caregiver separation, lack of control, difficulty verbalizing fears, stranger anxiety, people wearing masks
- **Tips:** Provide play and art time with masks, give simple and honest info, offer simple choices, let them play through their feelings, validate feelings

PRESCHOOL (3 to 5 years)

- **Stressors:** Loss of control, viewing current events as punishment for bad behavior, disruption of routine
- **Tips:** Assure that it's not their fault, give honest and simple explanations, create a daily schedule, offer incentives, provide positive verbal reinforcement

SCHOOL-AGE (6 to 12 years)

- **Stressors:** Loss of independence, interruption from school and peer relations
- **Tips:** Encourage creative ways to stay in touch with friends, maintain a consistent daily schedule, encourage them to ask questions, validate emotions

ADOLESCENTS (13 to 18 years)

- **Stressors:** Lack of independence/privacy at home, separation from peers, implications for their future, feelings of invincibility from virus
- **Tips:** Support independence at home, offer privacy, provide expressive outlets, encourage virtual connection with friends, talk, validate feelings



For more information, please visit inovachildrens.org