

WE ALL

NEED HELP

SOMETIMES

Lots of families are feeling stressed, anxious and overwhelmed right now.



Young children are very sensitive to their caregivers' stress and may not be able to talk about their worries and fears. During COVID-19, your young child may be showing signs of stress that you haven't seen before. These behaviors may be a normal reaction to stressful events or a sign that your child could use some extra support. *Some common reactions might be:*

- More crying
- Having a hard time staying still
- Eating more or less than usual
- Complaining of tummy aches
- Changes in sleep habits or nightmares
- Clinging to their caregivers
- Fears of being alone
- Showing frustration, anger or other 'big feelings' more often
- Acting younger than their age

WORRIED ABOUT YOUR YOUNG CHILD? CALL YOUR CHILD'S DOCTOR FOR HELP.

► OTHER WAYS TO GET HELP



A program of your local United Way & The Commonwealth of Massachusetts



Your local **Family Resource Center**: www.frcma.org



www.massachusetts.networkofcare.org

IF THIS IS AN EMERGENCY, CALL 911