


**Older Children (ages 6 to 10)**

Children can react to stressful events in lots of different ways. They might have symptoms of depression, anxiety, or dissociation. Their caregivers may have trouble coping with those events and their children's reactions too! Sometimes caregivers don't know why their children are suddenly very difficult to deal with. When caregivers know what to expect from their children they will be better prepared to help their family cope. This handout explains some common child responses to stress.

Symptom	Explanation
<p><b><u>Fear and Anxiety</u></b></p> 	<p>These are the most common symptoms in children who have experienced a stressful event. Anxiety symptoms can include hyperactivity, and difficulty concentrating, looking a lot like Attention Deficit Hyperactivity Disorder (ADHD). Fear symptoms can include the child being unusually fearful around bedtime or bathing, or around particular people or places.</p>
<p><b><u>Aggression and Defiance</u></b></p>	<p>Feeling anxious and stressed can often result in the child behaving in an aggressive, angry, and hostile way. The child may be more resistant to doing what you ask, screaming or yelling defiantly.</p>
<p><b><u>Avoidance</u></b></p> 	<p>Sometimes, children will try to avoid thinking about or doing anything that might remind them of a stressful event or situation. They might seem sad and withdrawn or seem extra "happy" because their avoidance is working, temporarily.</p>
<p><b><u>Difficulty Relating to Others</u></b></p>	<p>Children experiencing a stressful event, or under a lot of stress may have trouble with relationships and maintaining appropriate boundaries. For example, children may be very aggressive towards others, or they may be very clingy, demanding a lot of attention.</p> 