

## What Participants Say About the KIDS HAVE STRESS TOO!® Program:

“Great information, good mix of activities. I also found this course useful with my own children.”

– *Public Health Nurse*

“I think all child care centers would benefit from this program.” – *Early Childhood Educator*

“The trainer had excellent, relevant, anecdotal comments and did a very nice job of engaging future facilitators.” – *Psychologist*

“We always tend to think of adults as being ‘stressed’ and we wish we could be kids again ourselves. KHST! is great. It reminds us that children also experience stress in their daily lives.”

– *Early Childhood Educator*

“I am very impressed with the manual.”

– *Case Worker, Big Brothers*

“Thanks for the information. It has not only helped to reduce my kids’ stress, but also my own!” – *Parent*

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For Further Information on KHST!®  
and KHST!® Training Programs:

Phone: 416-977-1222 ext. 226, or,

Visit: [www.kidshavestresstoo.org](http://www.kidshavestresstoo.org)  
or [www.investinkids.ca](http://www.investinkids.ca)



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[www.psychologyfoundation.org](http://www.psychologyfoundation.org)

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# KIDS HAVE STRESS TOO!®

A Program of The Psychology Foundation of Canada



*Kids Have Stress Too!® or KHST!® is a training program for professionals who work with parents and young children.*

[WWW.KIDSHAVESTRESSTOO.ORG](http://WWW.KIDSHAVESTRESSTOO.ORG)



## DID YOU KNOW?

- All children experience some stress,
- Too much stress causes problems for kids,
- Children can learn simple, age-appropriate coping strategies,
- Children who develop healthy coping skills to deal with stress feel more competent, are more resilient, and are better able to adapt, to relax, and to problem-solve!

## KIDS HAVE STRESS TOO!® CAN HELP!

Developed by The Psychology Foundation of Canada, and delivered by Invest in Kids, KHST!® is a research-based primary prevention program designed to increase the ability for children to handle stress. The program educates parents and caregivers on how to recognize and understand stress in children, since children often experience stress in different ways than adults. Then, age-appropriate coping strategies are taught to help children to successfully manage their stress.

Two different one-day training programs are available – the *Facilitator Training for Parent/Caregiver Education* and the *Preschool Program*.



## KHST!® FACILITATOR TRAINING FOR PARENT/CAREGIVER EDUCATION

(Children Ages 4 to 9)

- This facilitator program is designed for professionals to assist parents and caregivers in recognizing and understanding how stress affects children. By providing participants with more information, tools and strategies, they will learn age-appropriate stress management techniques designed to help young children cope more effectively with stress.

## KHST!® PRESCHOOL PROGRAM

(Children Ages 2 ½ to 5)

- The Preschool Program is designed for Early Childhood Educators and other childcare providers who work with children ages 2 ½ to 5 years. By providing participants with more information, tools and strategies, this training will help childcare providers to create a childcare environment that reduces undue stress and supports children by helping them to begin to effectively cope with stress.

## THE TRAINING FEE FOR EACH TRAINING PROGRAM INCLUDES:

- One full day of interactive training,
- Training manual,
- Tool Box activity pads,
- Member access to the *Kids Have Stress Too!®* Web site

