



School can be one of the loneliest places in the world.

Almost everyone has felt lonely or left out at some time – it's a pretty awful feeling. But you can't help her if you don't know about it.

So ask your child who she plays with and help her talk about how she feels.

Help her develop her own interests and find ways to make friends. Because everybody needs a friend.

Remember, parents are a child's best support.



Kids Have Stress Too!™ is a program of the Psychology Foundation of Canada.

www.kidshavestresstoo.org