

Stress in Childhood

Stress is a natural & inevitable part of childhood, but the TYPE of stress can make a difference in the impact on a child's brain & body.

“ STRESS is a mental, physical or biochemical response to a perceived threat or demand ”

Positive Stress

Mild stress in the context of good attachment



Temporary, mild elevation in stress hormones & brief increase in heart rate

No buffering



support necessary

Increased **RESILIENCE** and confidence
Development of coping skills



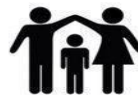
Tolerable Stress

Serious, temporary stress, buffered by supportive relationships



More severe, continuing cardiovascular and hormonal response

Presence of



buffering caring adult

Adaption and recovery with some possibility for physical/emotional damage



Toxic Stress

Prolonged activation of stress response system without protection

Prolonged activation of stress response system & disrupted development of brain and immune system



No adult



buffers

Lifelong consequences:

- Heart disease
- Alcoholism
- Memory & learning difficulties
- Anxiety/depression
- Cancer



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