The average Purdue Global military student is awarded 54% of the credits needed for an associate's and 45% of the credits needed for a bachelor's. Most Commonly Searched: Most Commonly Searched: Stress can present differently in children than adults, which can make it difficult for parents and teachers to identify. Children may lack the understanding or vocabulary to adequately express how they feel. “You recognize stress in children through their behaviors and actions, not necessarily by them telling an adult they feel stressed,” says Purdue Global faculty member Lakieshia Jones, MS. She teaches undergraduate psychology and has a master’s in family studies. To help children manage stress, it first needs to be recognized, Jones says. Read on to learn about the effects of stress on children and how to reduce children’s stress and frustration. When you notice an adverse change in a child’s personality, it’s important to determine what might be triggering that behavior. Jones says some common causes of stress in childhood include: According to a report published in Clinical Psychology Review, neglectful parenting can cause stress-related psychological responses throughout the child’s life. Childhood events that lead to long-term and severe stress are referred to as adverse childhood experiences (ACEs).“Some examples of ACEs include chronic abuse, growing up in severe poverty, or living with a parent who has a mental illness,” says Jones. “These circumstances can be very stressful for children, especially if they don’t have the words to express their feelings about the situation.” All children experience some degree of stress, but at what point is stress considered toxic? Toxic stress refers to stress that is prolonged and excessive, often stemming from ACEs.Severe stress in children may require intervention in the form of professional mental health services. According to Jones, the support of a parent, mentor, or mental health professional can provide stability to children who are experiencing stress. “Even children who are in traumatic situations can learn to manage their stress with the right support system,” she says. Regardless of where the stress is coming from, it’s important for all children to learn how to effectively navigate stressful events. “By learning how to harness stress, children may become more resilient, gain confidence, and adapt to change more easily,” says Jones. When left unchecked, stress can have a variety of negative effects on children. According to the American Psychological Association, some signs of stress in kids include: