average Purdue Global military student awarded 54 credits needed associate 's 45 credits needed bachelor 's Commonly Searched Commonly Searched Stress present differently children adults make difficult parents teachers identify Children may lack understanding vocabulary adequately express feel “ recognize stress children behaviors actions necessarily telling adult feel stressed ” says Purdue Global faculty member Lakieshia Jones MS. teaches undergraduate psychology master ’ family studies help children manage stress first needs recognized Jones says Read learn effects stress children reduce children ’ stress frustration notice adverse change child ’ personality ’ important determine might triggering behavior Jones says common causes stress childhood include According report published Clinical Psychology Review neglectful parenting cause stress-related psychological responses throughout child ’ life Childhood events lead long-term severe stress referred adverse childhood experiences ACEs “ examples ACEs include chronic abuse growing severe poverty living parent mental illness ” says Jones “ circumstances stressful children especially ’ words express feelings situation. ” children experience degree stress point stress considered toxic Toxic stress refers stress prolonged excessive often stemming ACEs.Severe stress children may require intervention form professional mental health services According Jones support parent mentor mental health professional provide stability children experiencing stress “ Even children traumatic situations learn manage stress right support system ” says Regardless stress coming ’ important children learn effectively navigate stressful events “ learning harness stress children may become resilient gain confidence adapt change easily ” says Jones left unchecked stress variety negative effects children According American Psychological Association signs stress kids include