averag purdu global militari student award 54 credit need associ 's 45 credit need bachelor 's commonli search commonli search stress present differ children adult make difficult parent teacher identifi children may lack understand vocabulari adequ express feel “ recogn stress children behavior action necessarili tell adult feel stress ” say purdu global faculti member lakieshia jone ms. teach undergradu psycholog master ’ famili studi help children manag stress first need recogn jone say read learn effect stress children reduc children ’ stress frustrat notic advers chang child ’ person ’ import determin might trigger behavior jone say common caus stress childhood includ accord report publish clinic psycholog review neglect parent caus stress-rel psycholog respons throughout child ’ life childhood event lead long-term sever stress refer advers childhood experi ace “ exampl ace includ chronic abus grow sever poverti live parent mental ill ” say jone “ circumst stress children especi ’ word express feel situat ” children experi degre stress point stress consid toxic toxic stress refer stress prolong excess often stem aces.sever stress children may requir intervent form profession mental health servic accord jone support parent mentor mental health profession provid stabil children experienc stress “ even children traumat situat learn manag stress right support system ” say regardless stress come ’ import children learn effect navig stress event “ learn har stress children may becom resili gain confid adapt chang easili ” say jone left uncheck stress varieti neg effect children accord american psycholog associ sign stress kid includ