

... for parents

## **4.2 COOLING YOUR JETS** Using strategies to calm yourself down



Your child has taken part in an OFF-TRAIL workshop on stress. The children learned **strategies** they can use to **calm themself down**.

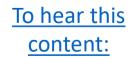
## **DID YOU KNOW?**

Everyone experiences stress, it's normal. There are a number of strategies to help your child cope and calm down, but there's no magic formula that works for everyone. It may be helpful to try several to learn which ones work for your child.

## NOW IT'S UP TO YOU!

You can support your child in trying the different strategies offered at the following address: <u>https://health.choc.org/7-stress-relief-techniques-for-kids/</u>

Remember that these strategies are most effective when practiced regularly — both in stressful moments and in moments of well-being.





Find out more about the OFF-TRAIL program:



Financial contribution from

Public Health Agence de la santé Agency of Canada publique du Canada Centre intégré de santé et de services sociaux d la Montérégie-Ce

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