How Children Feel When Their Parent is Stressed

- Sad: Youth 39%, Youth 8-12 47%, Youth 13-17 33%
- Worried: Youth 39%, Youth 8-12 43%, Youth 13-17 36%
- Frustrated: Youth 25%, Youth 8-12 31%, Youth 13-17 43%
- Annoyed: Youth 16%, Youth 8-12 24%, Youth 13-17 38%
- Helpless: Youth 14%, Youth 8-12 21%, Youth 13-17 27%
- Angry: Youth 13%, Youth 8-12 16%, Youth 13-17 27%
- Scared: Youth 13%, Youth 8-12 16%, Youth 13-17 27%
- Alone: Youth 8%, Youth 8-12 9%, Youth 13-17 7%
- Other: Youth 2%, Youth 8-12 3%, Youth 13-17 2%
- It does not bother me: Youth 14%, Youth 8-12 14%, Youth 13-17 13%

BASE: Youth (n=1032); Tweens (n=460); Teens (n=572)
Q4016 When your ADULT is stressed or worried how do you feel?
Multiple diagnoses

- ADHD
- Anxiety Disorders
- Individual
- Trich/eating disorder
- Mood Dysregulation
Resources

- School environment – accommodations as needed; teachers and staff that are supportive, encouraging, understanding. Bonus - help with “exposures”.
- Pediatricians, including developmental peds
- Mental health providers
- Family support
Resources

- [www.adaa.org](http://www.adaa.org) (Anxiety Disorders Association of America)
- [www.abct.org](http://www.abct.org) (Association for Behavioral and Cognitive Therapies)
Resources

- www.aap.org (American Academy of Pediatrics)
- www.trich.org (Trichotillomania Learning Center)
Thank you!

- Mary K. Alvord, Ph.D.
- malvord@alvordbaker.com
- 301-5936554 x 14