



Little Kids, Big Worries: Stress-Busting Tips for Early Childhood Classrooms

By Alice Honig Ph.D.



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Research shows that stress in the crucial early years of a child's life can pose dramatic, lasting challenges to development, learning, and behavior. This is the practical book early childhood professionals need to recognize stress in young children—and intervene with proven relief strategies before pressures turn into big problems.

Developed by celebrated early childhood expert Alice Sterling Honig, this guidebook helps readers address the most common causes of stress in a young child's life, including separation anxiety, bullying, jealousy, and family circumstances. Educators and childcare providers will

- understand key factors that influence a child's stress level, including attachment, temperament, developmental and learning challenges, health issues, and family pressures
- become a keen observer of the varied and sometimes subtle ways that children express stress
- choose from a wide range of stress-busting techniques—all innovative, time-tested, and clinically validated
- personalize stress-busters to meet the needs of individual children
- skillfully use stress-reducing strategies with groups of children from diverse backgrounds
- harness the power of storytelling to model solutions to problems and help children address negative feelings
- avoid burnout by handling the stresses in their own adult lives, from challenging interactions with parents to issues with co-workers

Memorable stories inspired by Dr. Honig's 30+ years of experience show readers how these stress-busters can make a real difference in children's lives, and the questions at the end of each chapter are ideal aids for self-study or professional development courses. Packed with down-to-earth, easy-to-use ideas, this empowering book gives professionals the tools they need to conquer stress in any early childhood setting—so children can develop the early social and academic

skills they'll need to succeed in school.

Learn how to use these proven stress-busters:

- making environmental adjustments
- redirecting rather than reprimanding
- supporting a child's self-soothing methods
- teaching problem-solving strategies
- taking the child's perspective
- providing verbal reassurance
- soothing through gentle physical contact
- using open-ended questions to pinpoint a child's fears
- and much more!

A featured book in our Better Behavior Kit!

See which domain of school readiness in the Head Start Child Development and Early Learning Outcomes Framework this book addresses.

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Editorial Review

Review

"Anything Alice Honig writes is a treasure, and this book is no exception."

(Bettye M. Caldwell, Ph.D. *Professor Emerita, University of Arkansas at Little Rock* 20090630)

"This highly respected scholar presents a valuable antidote to the current academic emphasis in early education. Using an appropriate whole child approach, she provides practitioners with those tools required to reduce young children's stress which we know to be a major barrier to children's optimal education."

(Edward Zigler, Ph.D. *Sterling Professor of Psychology, Emeritus, Yale University; Director, Emeritus, The Edward Zigler Center in Child Development and Social Policy; Former Chief, U.S. Children's Bureau* 20090803)

"Finally, an authoritative resource that offers parents and professionals a wealth of information about how to recognize signs of stress in the lives of young children, and more importantly, practical suggestions for what to do about it."

(Virginia Buysse, Ph.D. *Senior Scientist, FPG Child Development Institute, University of North Carolina at Chapel Hill* 20090803)

"Amazingly practical advice on understanding how family, school and public events and relationships influence children's behavior. The stress-reducing strategies will really benefit both children and the adults who care for and teach them."

(Edna Runnels Ranck, Ed.D. *President, OMEP-USA, The World Organization for Early Childhood Education, Washington, DC* 20090803)

"Offers very helpful resources to teachers including a framework for recognizing, understanding, and supporting children displaying stress in the classroom."

(Richard G. Lambert, Ph.D., Ed.S. *Professor, University of North Carolina, Charlotte* 20090803)

"Strikes the perfect balance between reducing stress and protecting children from harm while also promoting their coping skills and resilience. This powerful book is packed with practical strategies for teachers."

(Sue Bredekamp, Ph.D. *Early Childhood Education Consultant* 20090803)

"...underscores the need to recognize and alleviate worrisome stressors in the lives of young children as early as infancy...This book provides practical and sensitive tools to address this compelling concern."

(Gail Perry *Young Children* 20091104)

"A book to help teachers understand and deal with stress among young children, parents, and teachers themselves . . . should find a place in the libraries of both veteran and novice teachers."

(Bernard Spodek, Ph.D. *Professor Emeritus of Early Childhood Education, University of Illinois at Urbana-Champaign* 20090804)

"Gives early childhood educators a tool box of ideas . . . on supporting children living in stressful situations. A summary of best practices in early childhood education."

(*PsycCRITIQUES*, December 2010 20101201)

"A detailed reader-friendly book for every teacher."

(*Spotlight on Language, Literacy and Literature* 20110315)

"A book that will challenge assumptions about children's behavior and emotional development, while also challenging assumptions of the role of emotional learning in today's early childhood classrooms, an aspect that is far too often cast aside in favor of more academic pursuits."

(*Journal of Early Childhood Teacher Education* 20110715) --Endorsement

From the Inside Flap

Research shows that stress in the crucial early years of a child's life can pose dramatic, lasting challenges to development, learning, and behavior. Early childhood professionals need to recognize stress in young children and intervene with proven relief strategies before pressures turn into big problems. This book was developed to help readers address the most common causes of stress in a young child's life, including separation anxiety, bullying, jealousy, and family circumstances. Educators and childcare providers will understand key factors that influence a child's stress level, including attachment, temperament, developmental and learning challenges, health issues, and family pressures. Become a keen observer of the varied and sometimes subtle ways that children express stress. Personalize stress-busters to meet the needs of individual children. Skillfully use stress-reducing strategies with groups of children from diverse backgrounds. Harness the power of storytelling to model solutions to problems and help children address negative feelings. Avoid burnout by handling the stresses in their own adult lives, from challenging interactions with parents to issues with co-workers. Memorable stories inspired by Dr. Honig's 30+ years of experience show readers how these stress-busters can make a real difference in children's lives, and the questions at the end of each chapter are ideal aids for self-study or professional development courses. Packed with down-to-earth, easy-to-use ideas, this empowering book gives professionals the tools they need to conquer stress in any early childhood setting so children can develop the early social and academic skills they'll need to succeed in school.

About the Author

Alice Sterling Honig, Ph.D., is Professor Emerita of Child Development, Syracuse University

Users Review

From reader reviews:

Christopher Rayes:

Here thing why this particular Little Kids, Big Worries: Stress-Busting Tips for Early Childhood Classrooms are different and trusted to be yours. First of all examining a book is good nonetheless it depends in the content of computer which is the content is as delightful as food or not. Little Kids, Big Worries: Stress-Busting Tips for Early Childhood Classrooms giving you information deeper as different ways, you can find any publication out there but there is no book that similar with Little Kids, Big Worries: Stress-Busting Tips for Early Childhood Classrooms. It gives you thrill reading journey, its open up your personal eyes about the thing this happened in the world which is perhaps can be happened around you. You can actually bring everywhere like in area, café, or even in your technique home by train. If you are having difficulties in bringing the paper book maybe the form of Little Kids, Big Worries: Stress-Busting Tips for Early Childhood Classrooms in e-book can be your alternative.

Geraldine Carlson:

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Christopher Parker:

Your reading 6th sense will not betray you, why because this Little Kids, Big Worries: Stress-Busting Tips for Early Childhood Classrooms book written by well-known writer whose to say well how to make book that may be understand by anyone who all read the book. Written inside good manner for you, still dripping wet every ideas and producing skill only for eliminate your current hunger then you still question Little Kids, Big Worries: Stress-Busting Tips for Early Childhood Classrooms as good book but not only by the cover but also by content. This is one book that can break don't evaluate book by its deal with, so do you still needing yet another sixth sense to pick this particular!? Oh come on your studying sixth sense already said so why you have to listening to yet another sixth sense.

Luis Gazaway:

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