

BEHAVIOURS INDICATING STRESS BY AGE

TWO YEAR OLDS	THREE YEAR OLDS	FOUR YEAR OLDS
Very negative attitudes Overdoes everything Afraid of new things or people Won't play with others Old problems come back Nap times result in conflict	Starts acting younger Starts making things up Gets more stubborn Speech gets more difficult Gets upset easily Gets more active	Develops nervous habits Gets more active Overdoes rhyming, mimicking or "bathroom" talk Embarrasses adults more easily Demonstrated more fear
FIVE YEAR OLDS	SIX YEAR OLDS	SEVEN YEAR OLDS
Seeks more approval Tattles more Develops irrational fears Worry increases Acts younger	Activity level increases Becomes more clumsy Social skills worsen Becomes very upset with teasing Shyness increases Fears increase	Moods begin to show Overly sad or angry Withdraws from family or friends Social skills worsen More easily upset with disorder
FOODS THAT MAY CAUSE SENSITIVITY IN SOME CHILDREN		
CORN WHEAT MILK TOMATOES SUGAR STRAWBERRIES PEANUTS		