The effects of **TOXIC STRESS** on your child

Children who experience toxic stress can feel the effects in every part of their lives and they often are long-lasting. Childhood toxic stress can lead to:

- Feeling less engaged in school
- Low self-esteem
- Problems sleeping
- Impulsive actions that can threaten health
- Memory problems
- Higher risk of unemployment in adulthood
- Higher risk of obesity, diabetes, heart attack and stroke as adults
- Developmental delays in speech, movement, social etc.

Help is available online or in-person

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Kids deserve the best.