



Warning Signs for Stress Overload

1

Recognizing the H-E-A-T

As you review the signs of stress overload, feel free to use the space below for your thoughts, questions, and things you want to remember, in the a way that works best for you.

- **H**-hungry:
- **E**-exhaustion (Emotional)
- **A**-anxious (Worried)
- **T**-tired

2

Dialing Down the H-E-A-T Plan

*Circle the areas of **H-E-A-T** you want to focus on first.*

H-hunger **E**-exhaustion (emotional) **A**-anxious (worried) **T**-tired

Two-three ideas for dialing down the H-E-A-T I might like to try are...



3

My Hearts and Stars!

What my child/I liked best about this activity:

Ways I can support my child to keep the play going:

*I used **The 4 Me's™** when:*

How to Do This Activity:

1. You can complete this activity using any household or creative supplies you have on hand. As you follow the steps, remember to refer to **The 4 Me's** to practice the skill you're most interested in exploring with your child. For example, you can practice **Encourage Me** by letting your child know you're proud of them and by saying positive things about your relationship with them.
2. Invite your child to sit close or to help you as you draw, color, and cut out 2-3 heart and 2-3 star shapes of various sizes. Then, tape the stars and hearts to good things in your life. As you do this, you can talk with your child about what you are grateful for, like a favorite book, window, working appliances, etc.

As you create the coaching messages with your child, you **MIGHT**:

- » Share with your growing baby what you imagine they'll be grateful for,
- » Enjoy back-and-forth interactions as you talk with your infant about the hearts and stars and what you're grateful for,
- » Name and describe colors and shapes with your toddler as you help them begin to count and match the stars and hearts,
- » Invite your child to practice their cutting skills using child-safe scissors, while praising their efforts rather than striving for perfection, or
- » Invite your child to help you collect the hearts and stars into a bag or envelope and talk about times when you might repeat the activity, like after a stressful day or a certain day of the week.

