

7 p.m. October 24  
Mount Si High School Auditorium



*Presented by Snoqualmie Valley PTSA Council and Snoqualmie Valley Community Network*

# Toxic Stress and the Pressure to Succeed

## **MAKING FAMILY HEALTH A PRIORITY**

In this lecture, Dr. Kastner will focus on what parents can do to enhance their children's resilience, social and emotional competence, and healthy resistance to stress. By understanding how much stress kids experience, parents are able to help their children with coping strategies and wise decision-making. The good news is that by making family health a priority, parents will build skills for improving their own well-being and their children's.

## **PARENTS FEEL PRESSURE**

Within a high performance culture, where success is often equated with test scores and grades, parents can feel the same pressures as their children. Research shows that teens benefit when parents balance reasonable academic goals with healthy habits related to sleep, authoritative parenting, and media management.

## **HARMFUL IMPACT OF COMMON STRESSORS**

Children and teens can be impacted by stressors like trauma, household dysfunction, growing up with substance abuse, parent discord, mental illness and, for advantaged kids, by excessive pressure to perform academically and their parents' own stress levels. Toxic stress has been associated with depression, anxiety, learning problems, suicidality, early sexual activity and substance use.

**FREE Presentation For Parents of Students of All Ages**



Dr. Laura Kastner is a clinical psychologist and clinical professor in both the psychology department and the department of psychiatry and behavioral sciences at University of Washington. She has given hundreds of public lectures for schools and hospitals.

Her most recent books are **Wise-Minded Parenting: 7 Essentials for Raising Tweens and Teens** (2013) and **Getting to Calm, The Early Years** (2015). For more information, visit: [www.laurakastnerphd.com](http://www.laurakastnerphd.com).

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