

Appendix D

RECOGNISING STRESS IN CHILDREN

Children's stress can usually be detected by behaviour changes. There can be a whole range of behaviours which may change and could indicate that your child is stressed. These also to some extent vary with age:

Pre-School Age:

- More clinging – to people and/or objects such as a comforter or toy.
- More crying.
- More wanting to be with adults rather than other children.
- More aggressiveness towards people and/or things.
- More withdrawn.

School Age:

- All of the above.
- More complaints of aches and pains, especially in the head and tummy, without apparent physical cause.
- More irritable and lacking in concentration.
- More problems at school.

Obviously, a minor or brief change in any of the above is not going to give you cause for concern. If there is a persistent and obvious change in behaviour in at least one respect then you will probably need to seek help in some way.

Appendix A

A Deployment History

- 1987 Colchester to Germany
- 1988 Canada 8 weeks
- 1989 Belfast 4 1/2 months
- 1990 Canada 8 weeks
- 1991 The Gulf 6 months
- 1993 Northern Ireland 6 months
- 1993 Canada 8 weeks
(6 weeks after return from Northern Ireland)
- 1994 Bosnia 6 months
- 1995 Year long exercises in Canada (4 x 8 weeks)
- 1996 Move to Warminster
- 1998 Move to Cyprus (4 month deployment to Falklands)
- 2000 Move to UK

Appendix C

**Maslow's Hierarchy
of Needs**

