



Stress bij kinderen (Dutch Edition)

Jan van der Ploeg

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Stress komt niet alleen voor bij volwassenen, maar ook bij kinderen. Jarenlang is stress bij jeugdigen onderschat. Kinderen en jongeren maken wel degelijk stress mee; soms incidenteel, soms dagelijks. Dit boek laat zien wat stress betekent voor jeugdigen. Aan de orde komen onder meer een nadere typering van het begrip stress, mogelijke bronnen van stress, het omgaan met stress en de gevolgen van stress. Ook geeft het boek antwoord op de vraag wat professionals, leerkrachten en ouders kunnen doen als kinderen en jongeren gebukt aan onder te veel stress.

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