

A B C D E F G H Children's Health

Natural Stress Relief For Kids

(NAPSA)—According to the Centers for Disease Control, it's natural for children to experience stress, and by recognizing stressful situations, parents can do a lot to help them cope.

According to a recent Kids Health KidsPoll, kids were stressed by school (36 percent), family (32 percent) and friends (36 percent).

The poll found that not only do kids experience stress but they want their parents to discuss it with them. Many parents turn to



Talking to your kids about what's stressing them can help.

natural medicines to help their children deal with stress.

“In our practice, we use Bach Original Flower Remedies for a broad range of patients because they are safe and have no interactions with other medications,” said Dr. Ronald Stram, M.D.

The Bach Kids line contains three remedies, one called Confidence, another called Daydream and the calming formula Rescue Remedy, which Dr. Mehmet Oz, chief “Oprah” medical adviser, says he gives his own kids when they are rowdy.

Each kid-friendly remedy addresses a specific emotional state to help restore balance. For more information, visit www.bachkids.com.