

CHRONIC HEALTH CONDITIONS

What is the skill?

Healthy body systems work together to maintain physical well-being and recover from illness or injury.

What does normal development look like?

Most children experience routine illnesses while maintaining good overall health when their physical and emotional needs are consistently met.

How does neglect interfere?

Chronic stress affects many body systems, increasing the risk for conditions such as asthma, headaches, gastrointestinal problems, chronic pain, and later cardiovascular disease.

What might this look like?

Children may have frequent illnesses, recurring stomachaches, headaches, unexplained physical complaints, or ongoing medical concerns.

Parenting implications

Medical symptoms should always be evaluated, while also recognizing that chronic stress can contribute to physical illness. Supporting emotional safety is an important part of promoting physical health.

From Understanding to Attunement

The body often carries the effects of chronic stress long after stressful experiences have ended.