

Stress: Some Things That Can Help Parents

- Exercise: go for a walk
- Take 3 deep breaths
- Call a friend: connect with someone you're close to
- Have cup of tea
- Pray
- Write in a journal
- Write a letter to someone you're upset with and don't mail it
- Listen to music
- Sing and/or dance
- Do something creative
- Take a nap
- Meditate or Visualize a calm place in your mind
- Decide what's most important
- Breathe!
- Consider counseling
- Ask for help from a friend or someone in your family
- Remember the positive and the things that you are thankful for
- Appreciate yourself

Remember being a parent is hard work!

Stress and Some Ways to Support Children

- Be patient
- Don't take children's behavior personally
- Use a calm, quiet tone of voice
- Take a deep breath and teach children how to do the same.
- Sing and dance with children
- Play and have fun. Go outside if possible.
- Teach children names or words for their feelings
Acknowledge feelings: "Wow, you're really sad about that..."
- Spend one-on-one time (special time) when possible
- Don't get furious, get curious
- Connect before you correct
- Follow routines. Prepare children for changes and transitions.
- Avoid situations that involve a lot of waiting and being quiet, if possible
- Give children healthy snacks
- Help children solve conflicts with each other
- Give children something soft to squeeze:
Like playdough, a stress ball or a pillow
- Give children space to calm down