

Tips for Parents and CareGivers

Being a parent and caregiver can have its challenges on a good day. Adding the stress and anxiety of what's happening in today's world can test all of us. The following are some suggestions to help.

STAY ACTIVE AND ENGAGED

- Get outside and go for a walk or bike ride
- Change the photos in family picture frames and revisit memories
- Create a nature scavenger hunt
- Talk to your children about how they are feeling and managing. Conversation starters:
 - What makes you nervous or scared?
 - What do you like about online schooling?
 - What do you most look forward to when this is all over?
- Establish routines



STAY CONNECTED

Physical isolation is very difficult but remaining socially connected to family and friends is what everyone needs:

Connect with family - call/Facetime/skype/zoom/text

Connect with friends - play an online game together or host a virtual meal.

Connect with yourself - take time for yourself each day. Find a quiet spot and read or meditate or go for a walk.



MANAGE STRESS AND ANXIETY

We are role models for our children. How we handle this stressful situation will affect how our children manage their worries.

None of us were prepared for this and anxiety, fear, worry and grief are all normal reactions to abnormal circumstances.

Stay informed but limit exposure to news sources that promote fear and panic.



BE FLEXIBLE AND GO EASY ON YOURSELF (AND YOUR KIDS)

Modify your daily activities to meet the current reality of your situation.

Focus on what you CAN accomplish, not what you are unable to do.

Celebrate the small victories especially when it comes to your children.

Practice patience, reassurance and tolerance.



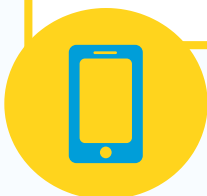
REACH OUT FOR HELP

Delaware Child Abuse and Neglect Hotline:
1.800.292.9582

National Domestic Violence Hotline:
1.800.799.7233

Delaware 2 - 1 - 1
(local agencies and resources that can help)

Substance Abuse and Mental Health Services
Hotline: 1.800.985.5990



FOCUS ON GRATITUDE

It can be hard to focus on the positive when each day we are hearing unsettling information.

Even in the most difficult times, there is something to be grateful for.

Create a gratitude journal. Each day write three things you are grateful for and share it with those around you.

