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.

Additional resources are available on our website: www.pcadelaware.org.