



Coping Strategies for Caregivers During COVID-19

Mismanaged stress and isolation of adults can contribute to an unpleasant or even abusive environment for children in our care. Parents, during this stressful time in our nation, we urge you to take care of yourself. Your children deserve it!

Tips and Strategies

It's okay to walk away. If you are feeling anxiety or anger start to swell up, put your children in a safe environment such as a baby bouncer and walk away. Giving yourself a moment of reprieve can help prevent a situation from escalating to regrettable actions.

Ask for help. For the most part people are generous and want to help others. Engage the support of your community to help during this time. This could be seeking help from family, friends or community resources such as area non-profits. You do not have to be a "superparent" and in fact asking for help shows strength and extends support to your child.

Protect your mind. Limit the amount of news or negative content you consume. If you are beginning to feel overwhelmed with information, limit the amount of time you seek out updates and information on COVID-19.

Keep a routine. Routines help us to feel in control and can aid our mental health. They are crucial in helping us to cope with change, form healthy habits and even reduce stress.

Set time for yourself. If your children are doing online schoolwork, take that time to go to another room and meditate, read a book or take a bath. Your well-being directly impacts the environment of your child.

Connect. Reach out to friends and family to share your anxieties or concerns about what is happening. If you are feeling stressed about being at home with your children without a break, voice that to those confidants. If you are starting to feel an overwhelming sense of sadness, anger or uncontrollable emotion, reach out to a counselor.