



Parenting During COVID...

Finding Balance



- Be kind to yourself as parents. This is uncharted territory and you are doing the best that you can!
- Join with your children. “I feel sad that school is closed too.” “I feel nervous about getting sick too.”
- Normalize feelings. “It’s OK to feel overwhelmed.” “It’s OK to feel sad.” “It’s OK to feel scared.”
- Have a plan. “If you get sick, we will call your doctor just like we always do.” “If you get stuck on your school work, we will reach out to the school just like we always do.”
- Limit screen time. Turn off the news. Increase family time together. Play outside.
- Notice out of the ordinary feelings like sadness, irritability, exhaustion, loss of appetite. Seek help.
[CLICK HERE TO FIND HELP \(www.waynepartnership.org/covid-19resources\)](http://www.waynepartnership.org/covid-19resources)

IT IS OK TO NOT BE OK!