



Pause for a child

Parenting Can be Tough

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Asking for help doesn't have to be.

And it IS OKAY to ask for help! Learning more about strategies, support and resources is a great way to become a stronger, happier parent.

1. **Take care of yourself.** Raising children is not an easy job and can be very stressful. It is important to care for yourself so that you have the energy to nurture your children.
2. **Reach out for support.** Trusted friends, family members, neighbors and colleagues can help with everything from babysitting to running errands to simply talking about your feelings.
3. **Find resources in your area such as parent support groups and parenting classes.** There are a lot of programs out there for parents just like you, and talking to other moms and dads can be comforting.
4. **Remember that children can be a source of joy in your life.** And often a source of laughter! Parenting is not easy, but it can help if you take time to see the humor in situations and appreciate your children.

If you get overwhelmed ...

Every parent gets angry or frustrated with their children at different times. If that happens, use one of the following tips BEFORE reacting to your children:

- Take a “time-out”
- Count to 10
- Take 5 slow, deep breaths
- Get outside or take a walk

You will be better prepared to react in a nurturing, helpful way to your children.

Parenting is an endless challenge – but it can be a very rewarding experience. Our children – like us – have good days and bad days. Take the time to celebrate the highs and find support during the lows.

Child Development:

Children can be easily challenging when they themselves are going through developmental changes. Newborns, toddlers, school children and teenagers each come with their own challenges and milestones. By learning more about normal childhood development, you can be better prepared for challenges that might occur.

Special Challenges:

Parenting can be especially challenging when you or your family is dealing with significant changes or dealing with issues such as homelessness, debt, divorce, illness or bereavement. Be aware of this stress and prepared for additional parenting challenges by seeking additional support.

It is NORMAL to feel overwhelmed at times, and it is OKAY to ask for help.