THOUGHTS FOR CAREGIVERS
A few thoughts, coming from a place of support...

Be mindful of managing the expectations you have of yourself during this time. Be gentle and kind with yourself in the process.

Ask for help. Many communities are organizing free meals and other resources as needed. We are all in this together.

Be aware that children pick up on your feelings. It is important to communicate honestly and unpack feelings together.

Reassure children that it is their job to be a kid, and your job is to keep them safe. Safety, right now, looks like staying at home.
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It is normal to feel overwhelmed and isolated. Reach out to people who understand how you are feeling. If you get to a breaking point, set your child in a crib or other safe place. Step away and breathe until you have calmed down. Escalated parents can’t de-escalate children.

A good way to lessen anxiety in children is to involve them in helping and planning. Making encouraging posters to hang in windows, reading a favorite book over FaceTime or Google Hangouts to friends or loved ones, or calling elderly relatives are some examples of family-friendly activities to try.

If you know someone is home with children, take a moment to call and check in with them. There is power in voice to voice connections. We are stronger together.

Share these tips with your community!

Remember, our 24/7 crisis line is always open.

(800)325-HOPE