



Diapers for KC families in need.

STRESSED?

Take a deep breath

If you have someone to help, let them try to comfort baby or watch your toddler while you take a break to calm yourself down or do something you enjoy.

If you don't have anyone to help, put baby down gently in a safe place and go to another room for a few minutes to try to collect yourself.

Remind yourself that children will make messes, they will cry, they will have temper tantrums. It is all part of the growing and learning process.

Enjoy everyday moments through your child's eyes. Share in her delight of a snowfall or water running in the sink.

Let your child help you with simple tasks like dusting furniture with you or snapping green beans for dinner.

Affirm your strength by telling yourself, "I can do this."

Talk about your feelings with your home visitor, a friend who has children, or a family member. It helps to know others have been in your same situation.

Find a few minutes for yourself. When your child naps, take time to relax, too. Resist the urge to stay up late. You need your sleep to be the best parent you can be!



TIPS FOR COPING WITH STRESS
provided by Child Abuse Prevention Association
www.childabuseprevention.org