

## Simple Steps Reduce Stress

### What can you do right now, today, to help yourself and your kids?

- ⌚ Stop what you're doing for a few minutes and take some deep breaths until you feel calmer. Check out "Tactical Breather Trainer," a free cell phone app.
- 📍 Identify parenting issues that are especially stressful (like potty training, homework, or bedtime) and if someone can help or do those things for you.
- 🗨️ Talk with a trusted friend, family member, or find a support group for mothers or fathers to connect with other parents. Join an online parenting community ([www.healthypace.com/parenting](http://www.healthypace.com/parenting)).

## Positive Parenting

**Sometimes you forget there are simple things you can do to connect with your child and help them feel loved. These activities also help build their brains and social skills and help them do better in school.**

- ✓ Read, play imaginary games, and laugh with your child.
- ✓ Help your child talk about how they are feeling and find the words to describe their emotions.
- ✓ Help your child find something they are really good at.

Write down 3 positive things you did today with your child. You'll be able to see how your choices help you be a better parent and help your child thrive.

American Academy of Pediatrics  
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[FuturesWithoutViolence.org](http://FuturesWithoutViolence.org)



[www.instituteforsafefamilies.org](http://www.instituteforsafefamilies.org)

*Every parent needs support at some point. There are great confidential, helpful, and nonjudgmental numbers to call 24/7. In addition, there is an app that can help too. Scan the code to the right for more information.*



**Childhelp: 1 800-4A-CHILD (422-4453)**

If you are feeling frustrated or angry with your child or just need to talk

**Treatment referral:**

**1 800-662-HELP (4357)**

Referral service for substance abuse and mental health issues

**National Fatherhood Institute:**

**[www.fatherhood.org](http://www.fatherhood.org)**

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**Connected Parents, Connected Kids**

## You Are a Good Parent

*As a caregiver of children, you want the best for your kids.*

### For kids to get the best from you it helps:

- ✓ To be in a good place yourself
- ✓ To have tools and ideas that support your wellbeing
- ✓ To have a backup plan for bad days



Health care providers are discovering strategies and tools that support caregivers and kids, too. Scan the code above to see a cool video with more information.

## Strong Families

*Relationships, both past and present, affect all of us. But even when we've had bad experiences there is hope. There are strategies to help us become stronger.*

### What does it mean to be strong, resilient, or come back from bad experiences?

- ✓ Knowing how to navigate stress and use tools to help you cope
- ✓ Being able to step back from your emotions when things get hard
- ✓ Coming back after bad experiences and helping your kids do the same

Studies show that caring relationships and positive parenting build resilience and strength in us and our kids.

## Difficult Childhood

### Many adults (about one in four) grew up in homes where there was abuse or other problems.

- ✓ Maybe someone was hurting them
- ✓ Maybe they saw a parent or caregiver being hurt
- ✓ Maybe someone at home was abusing drugs or alcohol
- ✓ Maybe things like this happened to you or your child

These experiences can affect your health, relationships and how you parent. *No one deserves to have things like this happen to them.*

## Health Effects

### Difficult childhood experiences can put you and your children at higher risk for:

- ✓ Repeating the cycle even if you're not aware of it
- ✓ Asthma, chronic pain, obesity
- ✓ Smoking, drinking, prescription and street drug abuse
- ✓ Anxiety, depression, suicide
- ✓ Adult relationships where you're being hurt or hurting your partner

But that's not the end of the story—the good news is that you can find your strength, work on your health and turn things around. For more information go to: [www.acestoohigh.com](http://www.acestoohigh.com)