

# Parent Support

Week of May 5<sup>th</sup> 2020

## SELF CARE

### *Taking care of you*

As a parent it is easy to feel helpless or overwhelmed. You want to support your child through these challenging times, but you are also dealing with changes to your work routine and transitioning to a home schoolteacher at the same time. As a parent it is important to practice self-care. You cannot help your child if you're not first helping yourself.

#### 1. **Make you time.**

You're a person that needs time to relax and unwind! It can be challenging to find time away when you're practicing social distancing. Try to set aside 30 minutes each day to yourself. You can use this to sit outside, talk on the phone with a friend, or even take a long shower.

#### 2. **Limit News Exposure.**

When you're a parent, you're not just worried for yourself, you're worried for your children. There are plenty of things to worry about when you turn on the news these days. Try limiting yourself to a daily check in with just one trusted news source.

#### 3. **Forgive yourself.**

There is tremendous pressure for a parent to "do it right". By constantly trying to do it "right" you sometimes only manage to create unnecessary stress that can lead to unproductive days and tensions. Remember it's okay to make mistakes – there is no "right" way to be a parent, especially right now.

#### **Self-care Tip**

Familiar things can be comforting during unsettling times. Try playing some of your old favorite music on Youtube. Listening to music has many benefits– it can slow down the pulse and heart rate, lower blood pressure, and decrease the levels of stress hormones.



#### **PRESENTED BY:**

*Glastonbury Youth and Family Services*

#### Newsletter Organizers:

Jessica Daniels, LCSW  
[jessicadaniels@glastonburyct.gov](mailto:jessicadaniels@glastonburyct.gov)

Bela Santos, Psy.D  
[belasantos@glastonburyct.gov](mailto:belasantos@glastonburyct.gov)

Patricia Parks, LCSW  
[patriciaparks@glastonburyct.gov](mailto:patriciaparks@glastonburyct.gov)

#### **GLASTONBURY YOUTH & FAMILY SERVICES**

321 Hubbard Street Glastonbury,  
CT 06033

Phone: 860-652-7660

Fax: 860-652-7659

Office Hours (Remote):

8:00 AM to 4:30 PM

Monday through Friday

