

# STRESS BUSTERS FOR PARENTS

It's important to manage your stress. Too much stress can make it hard to parent effectively.

- **RELAX**  
Take time to practice deep breathing, meditation, yoga, or listening to music even when you're not having a stressful moment.
- **ACCEPT WHAT YOU CANNOT CHANGE**  
Ask yourself, "Can I do anything about it?" If the answer is no, try to focus on something else (Take a walk, bake a cake, or look for a new job).
- **TAKE CARE OF YOUR HEALTH**  
Getting enough sleep can make a big difference in your stress level. Eating healthy foods and getting some exercise are also good ways of decreasing your stress levels.
- **TAKE TIME FOR YOURSELF**  
Take a bath, read a book, and when you can, try to hire a babysitter (or trade time with a neighbor) in order to get out of the house for a few hours.
- **DEVELOP A SUPPORT SYSTEM**  
Don't be afraid to ask for help. Older children can set the table. Your spouse or partner can take over settling the kids for bedtime a few nights a week. A friend can pick up the kids from school to give you a break.



Source: <https://www.childwelfare.gov/topics/preventing>