

Safe & Sound @ Home Cincinnati

In these challenging times, it's natural to feel stress, anxiety and worry. Here are some parenting tips to help:



Take care of yourself

Your children are watching you to set an example. Walk away when you need to take a break, talk to a friend, write down your thoughts, and tackle challenges one at a time.



Keep a routine

Together with your kids, create a schedule that everyone can see. Include breaks to relax and connect.



Provide positive attention

Quality time together (including playing, reading and talking) boosts children's sense of safety and security.



Reward good behavior

Children need praise when they behave well, just as they need discipline when they behave badly. Encourage and recognize good tries!

RESOURCES:

- Service Connection: United Way 211 (Dial 211 on your phone)
- Family Support: www.hcjfs.org or 513-946-1000
- Family Mental Health: www.mindpeacecincinnati.com or 513-803-0844
- Food Assistance: www.freestorefoodbank.org/coronavirus

TO LEARN MORE!

- American Academy of Pediatrics: healthychildren.org
- Groundwork Ohio: groundworkohio.org/covid19parents