NEURODEVELOPMENTAL CENTER

COPING IDEAS FOR PARENTS & CAREGIVERS

Be Mindful
Take a moment to notice the things around you. What do you smell? What do you hear? How does that sip of coffee or bite of chocolate taste?

Take a Time Out
You can take a time out, too! Make sure your children are in a safe place and set a timer to do something relaxing or enjoyable for 5 minutes.

Exercise
You may not have time to exercise for an hour, but you probably have time for a quick stretch, a few short reps, a family yoga session, or walk around the block.

Reach Out
Social distancing does not mean social isolation. Stay in touch with your support network by sending a text or scheduling a video or phone call.

Practice Relaxing
Starting with your toes, gently tense, hold, and release each muscle group all the way to your head. This quick stress reliever can make a big difference.

Make Time for Fun
Schedule time for fun activities, like watching a TV show, reading a book or exploring a new hobby. Try coordinating your fun time with your partner or a friend.

ARE YOU STRESSED? DO YOU NEED SUPPORT? THESE HOTLINES ARE AVAILABLE FOR YOU:

WV CIRCLE OF PARENTS (304) 595-7087
NATIONAL PARENT HOTLINE 1-855-4A-PARENT
PARENTAL STRESS LINE 1-800-632-8188

PRODUCED BY WVU MEDICINE NEURODEVELOPMENTAL CENTER (304) 598-4300