Being a parent or caregiver is not easy... especially now! It’s normal to feel overwhelmed and frustrated.

**Recognize when you have reached your limit. Then Take 5:**

2. Take a short break to breathe. Allow your heart rate to return to normal.
3. Remind yourself, “I can do this” or “It’s important to stay calm.”
4. Ask yourself, “How can I handle this situation in a way that I will feel good about?”
5. If possible, ask for support from a partner or family member. Call or text a friend or neighbor. Or call the numbers below. It’s OK to ask for help.

**You are not alone.**

Call the numbers below and talk with someone for free. It doesn’t have to be an emergency.

- Harborview Abuse and Trauma Center, Support and Tips to Manage Behavior: 206-744-1600
- Disaster Distress Hotline: 1-800-985-5990
- Crisis Text Line: Text HOME to 741741 for crisis counseling any day and time

We will get through this one day at a time.
You can do this!

Learn more: seattlechildrens.org/copingandcovid