

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:

1. Stop. Step away. Give yourself space.
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.

- Parent Trust for Washington Children, The Family Help Line: 1-800-932-4673
- 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

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