

# A pandemic parent chart

Parenting is already stressful at times and COVID may have made it more difficult. That's why it's important to remember to **be there for your children physically, emotionally, and mentally.**

You got this! And we're here to help.

	s	m	t	w	r	f	s
I hugged my child today.							
I helped my child clean or do homework today.							
I remembered to take calming breaths.							
I played a game with my child and had fun.							
I apologized to my child if I got upset.							
I showed grace to my child if he/she got upset.							
I did something silly and laughed with my child.							
I did something just for me because when I'm not calm, neither is my child.							



We provide individual crisis counseling, education, outreach, and referrals at no cost. Our services are **FREE** and can easily be provided in person or via video or phone for those who don't feel comfortable with in-person visits.

All services are anonymous and no personal information is required to get support.

**Contact us** to see how we can help you with personal or work-related challenges, and to discuss ideas for managing issues specific to COVID.

Visit our website at: [www.staypositivearkansas.com](http://www.staypositivearkansas.com)

Call our Crisis Support Line at 833-993-2382

Email: [info@staypositivearkansas.com](mailto:info@staypositivearkansas.com)