

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.



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

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

More Helpful Resources

Stress and Coping:

- [cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety)
(English, Spanish, Chinese, Vietnamese and Korean available)

Mental Health Support:

- seattlechildrens.org/copingandcovid

Resources and Tips for Parents, Children and Others:

- preventchildabuse.org/coronavirus-resources
- [healthychildren.org](https://www.healthychildren.org)
(English and Spanish available)

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