

PARENTING TIPS FOR CHALLENGING TIMES



COPING WITH STRESS, UPSET, AND ANGER

- Find someone who you can talk to about how you are feeling.
- Losing your temper? Breathe in and out slowly five times.
- Try to do something that helps you relax.
- Remember to praise yourself each time you take steps to cope.

Parents and Caregivers are **HEROES**
Protecting our children in a crisis



**“Is anyone among you in trouble?
Let them pray.”** (James 5:13)

Pause. Say a prayer and ask God to give you the strength you need for this moment.

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