

Parenting in a Pandemic. Be kind to yourself.

Parenting can be hard. It may be really challenging right now. Schools are closed, and we are physically apart from our friends and regular supports.

No one can do it all. You are enough. You are doing your best.

During this time of uncertainty, it is especially important to take care of yourself. When your needs are met, you are more able to meet your child's needs.

So, give yourself a break.

A break can mean different things:

- ◆ **Drink a cup of tea.** Read a book. Take a bath. Watch your favourite TV show.
- ◆ **Rest.** Sleep when your child sleeps.
- ◆ **Exercise.** Walk around the block. Take a free online exercise class.
- ◆ **Be in the moment.** Try meditation or deep breathing.
- ◆ **Reach out to others.** Send an email, text or make a phone call.
- ◆ **Ask for help.** Asking for help is a sign of strength. Your community cares, and supports are available.

Spending time with your children builds connection.

It is normal to feel stressed right now. This is a very difficult time for children *and* parents.

Time at home is also a chance to build relationships with your children. A strong relationship with a supportive parent protects children from stress and keeps them healthy.

Try to spend one-on-one time with your children daily. Short periods of time together can increase their sense of safety and security. Your love, support, and patience will help them to manage their stress, and feel loved and secure.

Play together.

Children love to play. The Build Connection Bingo card gives some activity ideas. Complete 5 items in a row or do them all. Once you are finished, celebrate!



The ACES Coalition is a group of community organizations working together to build a resilient community.



Help is available.

If your family, or a family you know, is struggling or in an unsafe situation, Family & Children's Services of Guelph and Wellington County can help.

Call Toll Free: 1-800-265-8300

The wellbeing of all families and children is their first concern. You can call anonymously - they will listen and connect you to the right supports.

If you need addictions, mental health, and/or crisis services, call or visit Here 24/7.

Call Toll Free: 1-844-437-3247
Visit - [here247.ca](https://www.here247.ca)

Build Connection Bingo:

Complete 5 activities in a row or challenge yourselves to do them all. Once you are finished, celebrate!

Make a craft 	Say thank you 	Visit a virtual museum 	Play hide and seek together 	Try something new 
Make a meal together 	Play a board game together 	Have an indoor picnic 	Create music together 	Eat a meal together 
Read a book together 	Have a dance party 	FREE	Eat a healthy snack together 	Tell a story 
Share a hug 	Play charades 	Go on a walk together 	Listen to favourite songs 	Do a puzzle together 
Do yoga or meditate together 	Create art together 	Share your favourite jokes 	Do a chore together 	Bake something together 