

## STRESSED?

### TAKE A DEEP BREATH.

If you have someone to help, let them try to comfort your baby or watch your toddler while you **take a break** to calm yourself down or do something you enjoy.

If you don't have anyone to help, **put your baby down gently in a safe place** and go to another room for a few minutes to try to collect yourself.

Remind yourself that children will make messes, they will cry, they will have temper tantrums. It is all part of the **growing and learning process**.

Enjoy **everyday moments** through your child's eyes. Share in their delight of a snowfall or water running in the sink.

Let your child **help you with simple tasks** like dusting furniture with you or snapping green beans for dinner.

**Affirm your strength** by telling yourself, "I can do this."

**Talk about your feelings** with your home visitor, a friend who has children, or a family member. It helps to know others have been in your same situation.

Find a few minutes for yourself. When your child naps, take time to relax, too. Resist the urge to stay up late. **You need your sleep** to be the best parent you can be!

