

Parents need support too

FOR PARENTS AND CAREGIVERS



It's hard to help our children feel safe when we're struggling with our own fear, grief, and uncertainty.



Taking care of yourself isn't selfish. It's part of taking care of your child.



Recognize your own reactions.

Fear, anger, sadness, anxiety, and feeling overwhelmed are understandable responses to a traumatic event.



Take your emotional temperature.

Notice when you're becoming overwhelmed. Give yourself permission to take a break.



Limit media exposure.

Repeatedly watching coverage or reading updates can increase anxiety and distress. It's okay to step back.



Stay connected.

Talk with trusted friends, family, and other supportive adults. You don't have to manage this alone.



Maintain your own routines.

Sleep, meals, movement, and enjoyable activities matter for parents, too. Even small steps can help you feel more steady and grounded.



Be mindful of what your child sees and hears.

It's okay for children to see you have emotions. Show them how you cope with those feelings in a healthy way.



Make time for what helps you cope.

- Spend time outside
- Exercise or move your body
- Practice deep breathing or mindfulness
- Engage in activities you enjoy
- Give yourself permission to rest



Ask for help when you need it.

Reach out to a trusted friend, mental health professional, or your healthcare provider. Needing support is a sign of strength, not weakness.



A reminder:

- ✓ You are doing your best.
- ✓ Your feelings are valid.
- ✓ It's okay to take care of yourself.
- ✓ Your well-being helps your child feel safer.
- ✓ You are not alone.

Children don't need parents who are perfectly calm.

They need parents who can recognize their own emotions, manage them in healthy ways, and model that it's okay to seek support.

Caring for yourself helps you be the steady, supportive presence your child needs.