

When you feel stressed...

Parenting can be challenging and exhausting. Most moms and dads feel overwhelmed. It's normal and part of being a parent.

When you feel angry or upset:

Think about something that makes you happy...

A piece of cake, your favorite song, ice cream.

Imagine yourself doing something you love to do...

Lying on the beach, floating on a raft, laughing with your friends

Take a break...

Get a snack, listen to some music, call a friend.

Take a breathe...

Just breathing is calming! Fill your belly and chest with as much air as you can, hold it for a moment, then let it out slowly. Do this for a few minutes until you begin to relax. It can really help!



Loving yourself is the first step!

When we feel good about ourselves, it is easier to help our children feel good about themselves.

Remind yourself of how capable you are. Remember that you are unique and special. See your best qualities. Surround yourself with people who see the best in you. It will help you *and* your children shine!

You are not alone!



Families in Need of Assistance, Inc. is a 24-hour referral service for victims of domestic violence, homelessness, substance abuse and other societal concerns.

For support and information, call **FINA at 518-489-3734**



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FAMILIES IN NEED





Your love helps your child grow

Just looking in your child's eyes helps his brain develop!

Holding your child makes her feel safe and secure.

Just smiling at your child helps her feel loved and important.

Meeting your child's needs helps him become less needy!

Speaking gently and softly helps calm your child.

Being a parent can be overwhelming. There is so much to do and learn. It isn't possible to know everything. But you already know a lot about children just from having been a child.

Ask yourself what you wanted and needed from your parents. What did you want to hear them say to you? How did you want them to treat you?

This information can be your guide and help you give your child a strong and healthy start. We don't have to have all the answers. We often just need to ask the questions.

Remember what you wanted and needed as a child...

“ I wanted my dad to spend more time with me. ”

Malcolm

“ I wanted my parents to make me feel like I was important, like I could be somebody, like what I did mattered. ”

Sharon

“ I wanted my parents to listen to me, to talk to me, not to yell, but to show me what they wanted me to do. ”

Tanisha

“ I wanted my mother to hold me when I was upset. ”

Mia

“ I wished my parents laughed and smiled. They always looked so serious. I was always afraid. ”

Takuma

