In these challenging times, it’s natural to feel stress, anxiety and worry. Here are some parenting tips to help:

**Take care of yourself**
Your children are watching you to set an example. Walk away when you need to take a break, talk to a friend, write down your thoughts, and tackle challenges one at a time.

**Keep a routine**
Together with your kids, create a schedule that everyone can see. Include breaks to relax and connect.

**Provide positive attention**
Quality time together (including playing, reading and talking) boosts children’s sense of safety and security.

**Reward good behavior**
Children need praise when they behave well, just as they need discipline when they behave badly. Encourage and recognize good tries!

**RESOURCES:**
- Service Connection: United Way 211 (Dial 211 on your phone)
- Family Support: [www.hcjfs.org](http://www.hcjfs.org) or 513-946-1000
- Family Mental Health: [www.mindpeacecincinnati.com](http://www.mindpeacecincinnati.com) or 513-803-0844
- Food Assistance: [www.freestorefoodbank.org/coronavirus](http://www.freestorefoodbank.org/coronavirus)

**TO LEARN MORE!**
- American Academy of Pediatrics: [healthychildren.org](http://healthychildren.org)
- Groundwork Ohio: [groundworkohio.org/covid19parents](http://groundworkohio.org/covid19parents)