Have you checked on yourself?

Parenting is stressful, and trying to learn from home adds to the stress. Make sure to stop and check on yourself and the kids.

One of the best ways to stop and ask yourself some questions like these. Then check on your kids; are they tired, hungry, bored? If you can say yes to any of these reset- and try to fix the problem before moving on.

1. **Am I Hungry or Thirsty?**
   - If we are hungry or thirsty, we can’t function well and our relationships will bear the brunt of our behavior.
   - Try: eating a snack, resting, drinking a glass of water.

2. **Have I Connected With My Child Today?**
   - Humans require connection in order to survive. Just like our children, we can feel a loss or rupture in our relationship if we do not connect with each other.
   - Try: talking with your child, listening, playing or reading together.

3. **How Is My Internal State Impacting My Behavior?**
   - Our distant and recent past, the present, and the future all influence our behavior. Being aware of its power over our internal bodies can help us not project our inner worries onto our interactions with others.
   - Try: assessing your body, chasing the why, addressing each worry on its own.

4. **Is My Child’s Internal State Influencing Their Behavior?**
   - Just like adults, a child’s history, present, and future can cause stress and anxiety. It is our job to help our children to name their fears and to calme their bodies.
   - Try: prepare for transitions or big events, talking about their fears, preparing for big events, find coping skills that help lessen anxiety.

5. **Are My Expectations Realistic for This Moment?**
   - Because our current state dictates our present, children may not be able to do something they did easily before. In these cases, it’s important to lower the bar and help our children achieve success.
   - Try: helping your child, asking what they need, consider the current environment, their history, the near future.

6. **Is My Eye Contact Warm?**
   - When we are not calm, our eyes may not tell our children that they are loved and precious. If we cannot communicate warmth and safety, with our eyes, to our children, we cannot require them to give us eye contact.
   - Try: deep breaths, healthy touch, changes in vocal tone, playfulness.

7. **Am I Treating My Child the Way I Want to Be Treated?**
   - Often times as the adult, we ask for respect and require compliance, without considering that the way we are talking or how we are treating our children is not respectful of them.
   - Try: reversing roles, asking how your child feels when ______ finding new strategies and solutions.

8. **Are We Calm?**
   - If I am upset or overwhelmed, I cannot expect my child to calm. If I sense looming chaos, it is my job to help avoid and navigate it proactively.
   - Try: deep breaths, taking a walk, massage, quiet time, (see other side).

9. **Why?**
   - Most importantly, we need to "chase the why" behind everything we do. If we notice our reactions are disproportionate to behaviors or environments, it is up to us to find out what is pushing our buttons and why. Once we have identified the issue, we can work on healing and resolving past hurts.
   - Try: journaling, counseling, talking to a friend, meditation or prayer, reading a book on the subject, asking for help.
CREATING A ROUTINE

CONSIDER WHAT WORKS FOR YOUR FAMILY

Keep simple routines that are familiar.
Allow yourself grace and accountability.

HAVE YOU CONSIDERED THE FOLLOWING?

Do you have adults working from home?
Do you have young children that need more support?
Does your routine allow flexibility or is it ridged?
Did you schedule in breaks, for kids and adults?
START YOUR DAY WITH 3 SIMPLE QUESTIONS:

1 How am I feeling?
Name your emotion, and let your family know. There is no wrong way to feel, you don't need justify how you are feeling.

2 What is my goal for the day?
Setting one simple goal can help you keep a routine. Adults and children can all participate. Maybe you're cleaning a room or being nice to your sister.

3 Who can help me?
Pick a helper or someone that will make you stick with it. When children learn to ask for help they are learning that they are not alone, we all need friends.

For more support check out your community TRY Coalition FaceBook page.