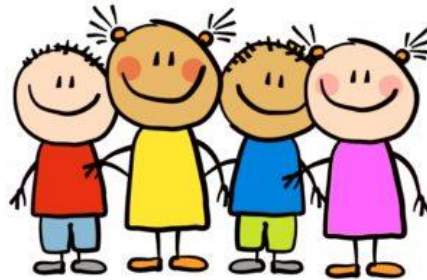


# A PANDEMIC PARENT CHART

Parenting is already stressful at times and COVID may have made it more difficult. That's why it's important to remember to be there for your children physically, emotionally, and mentally. You got this! And we're here to help.

	S	M	T	W	R	F	S
I hugged my child today.							
I helped my child clean up today.							
I remembered to take calming breaths.							
I played a game with my child and had fun.							
I apologized to my child if I got upset.							
I showed grace to my child if he/she got upset.							
I did something silly and laughed with my child.							
I did something just for me because when I'm not calm, neither is my child.							



We provide individual crisis counseling, education, outreach, and referrals at no cost. Our services are **FREE** and can easily be provided in person or via video or phone for those who don't feel comfortable with in-person visits. All services are anonymous and no personal information is required to get support. **Contact us** to see how we can help you with personal or work-related challenges, and to discuss ideas for managing issues specific to COVID.



**Promoting  
Positive  
Emotions**

Visit our website at: [www.staypositivearkansas.com](http://www.staypositivearkansas.com)

Call our Crisis Support Line at 833-993-2382

Email: [info@staypositivearkansas.com](mailto:info@staypositivearkansas.com)