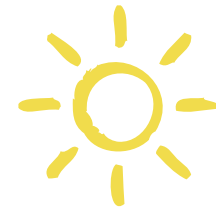
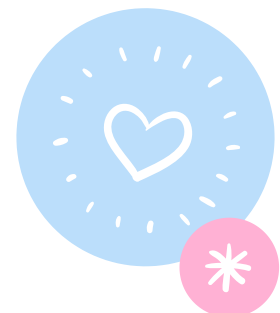




top tips:

POST-PANDEMIC PARENTING



While it may feel as though we're finally moving beyond COVID-19, mental health experts are busier than ever because of how the pandemic has negatively impacted us and our kids.

1

put your mask on first.

We've all been through a lot. And when our kids are struggling, it's easy to forgo taking care of ourselves.

But the best way to help your kids is to help yourself first. By processing and reflecting on what you've been through, you're setting the stage to help your kids.

2

connect with your kid.

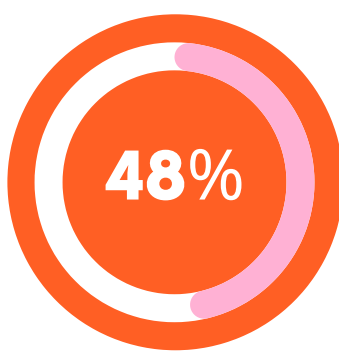
It can be hard to know what's really going on with our kids, and the pandemic has made it even more difficult.

The best way to learn how they're doing is to have honest, open conversations with them.

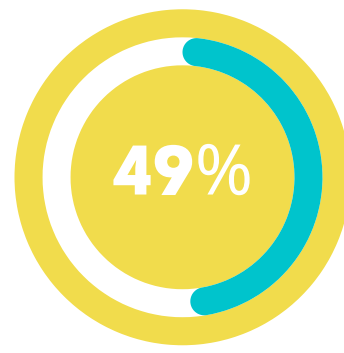
THE STATE OF PARENTS' MENTAL HEALTH SINCE THE START OF THE PANDEMIC



said they could have used more emotional support than they received



said their stress level is high because of the pandemic



were diagnosed with a mental health disorder since the pandemic started

3

offer reassurance and love

Change can bring up a lot of anxiety for kids. Help build their confidence by reassuring them through your words and actions, letting them know they are loved and safe.

Come up with small ways to remind them how much you care - whether it's playing a game, giving them a 'just because' hug or sending them a "you're awesome!" text.

4

build a better 'new normal'

Talk to your kid about pre-pandemic life. What do you miss? What don't you miss? While we can't control every aspect of our lives, there are changes you can make to live a happier, healthier future.

Now's the perfect time to consider redesigning your family's old routine, making more together time, and finding ways to help others as a family.