



## Parenting under stress

During the often busy and stressful time after a natural disaster, parenting can be very difficult. The loss of loved ones, homes, and belongings can cause worry. The everyday pressures of survival can also build up and make you feel like taking it out on your child. Try more positive ways to handle your emotions. This can help you and your child feel better.

### Do's

- Do take a few deep breaths
- Do count to 10
- Do talk to a friend
- Do use a time-out chair to calm your child
- Do provide for your child's basic needs like food

### Don'ts

- Don't hit, shove, shake, or hurt your child
- Don't say mean or hurtful things to your child

## Other ways to cope



### Be a caring parent

After any natural disaster, parents are under more stress. It is important to still continue to care for your children. Children are strongly affected by their parents' reactions.

### Comfort a crying child

Never shake a child – shaking a child may cause injury or death.



### Keep your child safe

It is important to know who your child is with and where they are at all times.

### Ask others for help

Ask trusted friends, family, and other parents for a break if you're stressed. Breaks are needed when dealing with greater stress.



### Refer children separated from families to people in charge

Doing this will help children who are left without parents or who are separated from their families to be identified and get special care.

## How can I get help?



Call the National Crisis Hotline for victims of Hurricane Katrina at: 1-800-273-TALK (1-800-273-8255)