Parenting is hard and the extra stress of the coronavirus (COVID-19) outbreak is making it harder. HelpandHope.org has tips and resources to help families adapt in this rapidly changing environment. Below you will find a few tips to remember as we navigate this stressful time.

Even parents need a time out! You can find “real talk” from other parents and caregivers at helpandhope.org/Coronavirus/talk.asp

Find programs to support families in your county at helpandhope.org/Find_Help

According to the CDC, children under 2 years old should NOT wear any face covering.

- Face coverings make it hard for children under two to breathe.
- Strings or elastic bands on face coverings are a choking risk.
- Do NOT attach a mask to a pacifier.

For more COVID-19 tips visit: helpandhope.org/Coronavirus

The weather is getting warmer, remember to always watch your kids around water, in your home and outside.

For more water safety tips, visit: helpandhope.org/Water_Safety

Toilet training is a big step for both kids and parents. Patience is the secret to success! This milestone can be stressful so expect accidents both during and after toilet training.

For more, visit: helpandhope.org/Parenting_Tips/Articles/toilet-training

If you choose to keep guns in your home be as safe as possible. Always ensure they are unloaded, locked and stored in safe storage. Teach your child what to do if he or she sees a gun:
1. Stop and don’t touch
2. Leave the area
3. Tell an adult.

For more, visit: helpandhope.org/Parenting_Tips/Articles/gun-safety

Babies should always sleep alone, with no toys, stuffed animals, pillows, blankets, crib bumpers, or other items. For more, visit: helpandhope.org/Safe_Sleep

Worried about your teenager? Contact the Family and Youth Success Program (FAYS) to immediately connect with someone and get real answers 24/7. helpandhope.org/Find_Help

Need help understanding your teen? You may have more in common than you think. helpandhope.org/Parenting_Tips

Visit helpandhope.org for additional support and tips.