

Keep Your Family Safe and Strong

Let's face it - parenting can be very stressful. Often times parents face day-to-day difficulties that make life seem overwhelming and can affect how they feel and act when they are home with their families.

Things that can make parenting stressful:

Trouble handling stress.

Problems with work, money, or relationships put a strain on family life. If a parent or caretaker has trouble managing stress, it can lead to abuse.

A lack of parenting skills.

Some parents might not understand how to care for a child's basic needs or they might have unrealistic ideas about a child's abilities and behavior.

A problem with alcohol or other drugs.

Alcohol and other drugs impair a person's ability to act as a responsible, caring parent. They can also make it harder to control emotions, especially anger.

It's important to have a toolkit of things you can do to manage those stressful moments. Here are simple things to do when you feel stressed:

Put your children in a safe place and leave the room.

Take a deep breath and count to 20.

Ask for help.

Phone a friend.

Take time out and leave your children with a responsible adult.

Be aware of your body language and try to change it so that you are more relaxed.

Take a walk outside.

Find out more at: <http://www.helpandhope.org>
Texas Department of Family and Protective Services

