

Happy Parent, Happy Child!

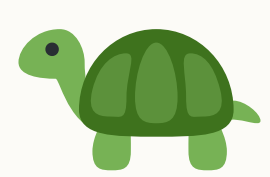
Parents, **YOUR** emotional health is **IMPORTANT** for your child's wellbeing too!
Practice this anytime, anywhere. Do what your body can.

Slow and Steady

*Our bodies tense up when we are stressed.
Tightening and relaxing muscle groups help to release tension.*



Focus on your muscles as you tense and relax them and imagine...



You are a shy **turtle**

- Hide! *Pull* your shoulders up to your ears as much as you can.
- Come out! *Drop* your shoulders and relax.



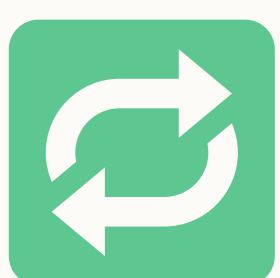
You have stepped into a **muddy puddle**

- *Squish* your toes into the mud as deep as you can.
- *Spread out* your toes as wide as you can.
- *Wriggle* them loose.



Say to yourself

"I can find calm in the storm and the storm will pass."



Repeat: 3 times daily



You are doing great for your child! Keep going!



If you need help, reach out to trusted people or professionals.

