



HANDLING THE TOUGHEST JOB:

How many people do you know who would answer the following want ad?

HELP WANTED!

Seeking Quality Parent

Role for male or female

Double or triple shifts

No weekends or holidays off!

STARTING AT \$0.00/HR

📍 247 Anywhere St., Any City



18 YEARS

Long-Term Commitment
(18 Year Minimum)



HIGH STAMINA

Unlimited Physical and
Emotional Stamina Needed

Low pay, high satisfaction!

PRACTICE SELF CARE:

There are no perfect parents! Everyone needs help at times. Parenting is one of the most difficult roles in life, but the one for which we receive the least amount of training. As with everything you want to do well, parenting requires learning different ways to do the job more effectively. Try these ideas for managing stress in order to make the most of your potential as a parent.

- **Remove Yourself**

Take deep breaths, go for a walk, close your eyes and count to ten, listen to music, watch TV for short periods or imagine yourself relaxing on a beautiful beach with warm sun and a soft breeze -- simply remove yourself from the situation. Taking a brief mental vacation can be just the ticket to face stress with a new perspective.

- **Find Support**

Rely on family and friends for support. Reach out to people who make you feel good about yourself, feel hopeful, or feel loved. Process struggles with them or even schedule time for them to watch your children to provide you with a short break from parenting. Scheduling a break before things become critical is smart and may provide a goal you look forward to with anticipation.

- **Stay Healthy**

Keep yourself healthy. Eat a balanced diet, exercise regularly, get plenty of sleep, and make your physical well-being a priority. This may mean relying on family or friends for childcare -- but it is important to keep your body up to the challenge of parenting.

- **Make A List**

Make a list of things you love to do and DO THEM!! Pick a few items and make time for them. Ask family and friends to help you out. It's a wonderful way to relieve stress.

- **Anticipate Issues**

Anticipate troublesome issues. If your toddler loves to play with the stereo, and that bothers you, then move the stereo. Replace it with interesting and safe toys. By creating a special play area for your child, you may prevent problems before they happen.

- **Talk About Stress**

Talk with a counselor, a trusted advisor or friend about your stress. Sometimes it helps just to get things off your chest.

- **Stress Free Myth**

Stress-free parenting is a myth -- but you can find ways to manage your emotions to become a more effective parent.

MORE ABOUT US

Prevent Child Abuse Indiana is dedicated to preventing child abuse and neglect. In doing so, we make Indiana a safer, better place for our children.



INFO AND RESOURCES

For more prevention and parenting information, and resources, visit our website or call **1.800.CHILDREN** (1.800.244.5373), **211** Emergency Line, or the **988** Suicide Hotline.



REPORT CHILD ABUSE

To report child abuse and neglect, please call **1.800.800.5556**



SUPPORT OUR EFFORTS

Help support our statewide efforts to prevent child abuse and neglect by purchasing a Kids First License Plate. Visit your local BMV or www.in.gov/dcs/2456.htm for more info.

TOGETHER, PREVENTION IS POSSIBLE.