

Parenting Tips: Taking Care of Yourself

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Self-Care

- 1** Always take time for yourself! Even during this pandemic you have to take a few minutes for yourself to do something for you!

Stay Connected

- 2** Keep connected with people and family. Family is important to everyone so keep them close and make good memories!

Find an Online Community

- 3** If you have Facebook you should check out Electric Umbrella. It is by a man that was in music groups his name is Tom Billingham. He helps with people with disabilities and they get together. They have a blast singing songs and talking. It is from the UK but anybody can watch! Find a group that does things you like. Make sure any online group you join is safe. If you're not sure, ask someone you trust.