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## Get Extra Help When...(continued)

### You have thoughts of hurting yourself or others.

You find yourself interacting in hurtful ways with your children, either through your words or actions, (for example name calling, threats, withdrawal of love, hitting)

You feel you have little or no control over your children's behavior.

You are using alcohol or other drugs to avoid feeling pain.

Your relationship with your spouse, or significant other, is placing you and/or the children in physical or emotional danger.

### Where to Get Help

Your child's school can be an excellent place to find support as a parent. The school's social worker, counselor, psychologist, teachers, and other qualified personnel will be glad to help by listening, helping to problem solve, providing parenting education materials, and helping you to find other resources in the community. Also, just getting to know some of the other parents of your child's classmates can give opportunities to compare notes and share concerns about parenting issues.

Our community offers resources to parents in the form of parenting books in the libraries and bookstores, parent support groups, parent education classes, individual and family counseling and child care so parents can take a break. Following are some of our community's resources for parents:

**Child Care Connection**—Provides lists of licensed child care providers and preschools in your area 441-8026.

**Cedars Emergency Shelter**—Emergency care for children 0 to 18 years 437-8888.

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## Community and Family Resource Centers

These neighborhood based centers host various family support services, some have child care, parenting classes, children groups, etc.

**Respite Network**—YWCA 434-3494 ext. 109—provides information and referral for caregivers needing a break.



Need help? Don't know where to start? To find help with housing, health care, food pantries, childcare, drug or alcohol abuse counseling, mental health issues, aging concerns, and many other human services. Dial 2-1-1 or go to [www.ne211.org](http://www.ne211.org).

**Parenting.org**—<http://parenting.org>

**Welcome Baby**—Matches parents of newborns with helpful volunteers. Also maintains a list of parent support groups 441-7929.

Many schools, churches and hospitals also offer parenting classes from time to time.

REMEMBER BALANCING YOUR NEEDS WITH THOSE OF YOUR CHILDREN MAKES PARENTING MORE EFFECTIVE AND ENJOYABLE.

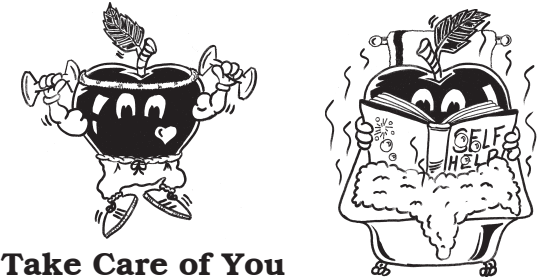
*A resource provided by LPS School Social Workers... because families matter.*

*Updated November 2008*



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## FOR PARENTS ONLY!



### Take Care of You

Being a parent is one of the hardest, most important jobs we have. It can also be the most rewarding. Our own every day behavior, as well as our choices about how to parent, have a big impact on our children both today and as they become adults. Taking care of yourself is one of the best ways to also look out for your children's well being. When you feel good about yourself, you are better able to enjoy parenting, make good parenting decisions and be the kind of parent you really want to be. As parents, we are best able to make good choices for our behavior when our own physical, social, mental and spiritual needs are met. When these needs aren't met, it becomes harder for us to meet our children's needs. People who feel the best about themselves know how to meet their own needs and balance them with the needs of others. Parenting is a juggling act! As a parent, your needs must be balanced with those of your children.

Meeting your needs and those of your children can require creative thinking, especially when their needs don't match your own. Parenting does require self sacrifice. When your basic needs are met, these sacrifices come more easily.

Sometimes we can get so caught up in parenting, the demands of work and whatever else is going on in our lives that we forget what we need to feel good about ourselves. You are "one of a kind" and need to take care of yourself! Inside are some ideas to consider when thinking about your own needs.

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## **Taking Care of You**

### **Your Physical Needs**

Have I been ignoring a physical or dental problem?

Do I need to see a doctor or dentist?

Do I get enough rest?

Do I need to change to more healthy eating habits?

Do I get enough exercise?

Do I lack energy to do what I want to do?

### **Your Social Needs**

Do I need a large number of friends or a few close friends?

Do my friends share my values?

How can I make friends that will be supportive of me?

Where would be a good place to meet friends?

Do my friends have similar priorities and values about parenting?

Do I need to have activities to do with others, or just time to talk?

How do I like to spend my time?

Do I find ways to do the things I enjoy doing?

### **Your Intellectual Needs**

What are my interests?

How do I learn best?

Am I open to new ideas and challenges?

Where can I look for new ideas and information?

### **Your Spiritual Needs**

What is important to me in living my life?

What do I believe in?

What are my values?

Does the way I live my life match my beliefs and values?

Where can I get help in examining my beliefs and values?

How well do I know myself, my strengths and my shortcomings?

How can I know myself better?

### **Feeling Good About Yourself as a Parent**

Do I know that there is no such thing as a “perfect parent”?

What are my strengths as a parent?

What do I most want to accomplish as a parent?

Are my expectations of myself as a parent realistic?

Are my expectations for my children realistic?

Do I make time to do things with my child that we both enjoy?

Do I make time for myself?

Am I able to recognize when something isn't working and try something new?

Do I remind myself that all parents make mistakes?

Do I have a network of supportive people to talk over my parenting questions, and choices with?

Am I open to new ideas?

Where can I get more information and skills to parent?

### **Prevention**

Do I know how to identify when I am stressed?

What are the signals my body gives me to let me know I am stressed? (change in heart rate, breathing, muscle tension, feeling flushed or pale, headaches, etc.)

Do I know how to lower my level of stress? (slow, deep breathing; a change of scenery, even a time out in the bathroom; positive, encouraging “self talk”; physical exercise; someone to talk to; writing)

What situations or times of day are particularly stressful for me?

Can I make some changes to prevent stressful situations?

Has my family agreed on a signal to let each other know when we need a “time out”?

Who can I talk to openly about my parenting?

How can I get time away from my parenting responsibilities for relaxation?

### **Get Extra Help When...**

You feel you want to become a better parent.

Your child is having problem behaviors at home or school which have not improved despite your efforts.

You feel unhappy most of the time.

You have difficulty sleeping, feel tired all the time or sleep too much.

You are unable to eat well, or find yourself unable to control your eating.

You are not able to enjoy your children.

You no longer find pleasure in the activities you used to enjoy.

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