

# Happy Parent, Happy Child!

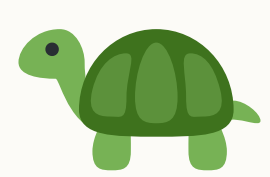
Parents, **YOUR** emotional health is **IMPORTANT** for your child's wellbeing too!  
*Practice this anytime, anywhere. Do what your body can.*

## 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.



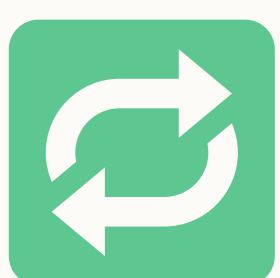
You have stepped into a **muddy puddle**

- *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.

