

TIPS FOR PARENTS

As a parent, you will find from time to time that your child care needs will change, whether temporarily or permanently. By knowing how to take care of your needs during this time, you will be able to give your child better care.

WORKING PARENTS

In most two-parent households, both parents work. Parents who work must juggle the demands of both family and job, which can often lead to stress.

1. **Spend time with your children.** Set aside a period of time (maybe an hour) every day to spend talking and playing with your child. This way you will become knowledgeable about what your child is learning while not under your care. It will also reinforce your parental role.
2. **Set priorities for the things you think must be done.** There are only so many hours in a day. Put the items in order from the most important to the least important. Know that you can't always do everything.
3. **Learn to share responsibilities with your spouse or partner.** When one of you is sick, frustrated, angry or overwhelmed, the other one should take over.
4. **Take care of your marriage.** Children take a lot of your time and attention and can strain even the best marriages. Take a break from the kids to spend some time with your spouse alone. Talk about things that bother you. Do something special.
5. **Agree upon and enforce a curfew time for kids.** This not only gives your child the rest he or she needs, it also provides you with time in the evening to catch up on your tasks and set up for the next day.