

# Family Tips and Thoughts for Challenging Times



Caregiving at home always presents a challenge. When our “NORMAL” is disrupted by something as unexpected as a pandemic and extended stay at home period of physical distancing this challenge grows exponentially.



The primary caregiver role typically requires an inquiring mind, the experimental will of a laboratory scientist and the brave creativity of a true artist. We now also need to

find additional flexibility and stamina. Nothing can make this easy, but we do better together so we want to offer some tips and thoughts that might help. REMEMBER if you want a real-world parenting partner to brainstorm or compare notes with Parent to Parent is available making helping parent matches.

This is a “grow as we go” scenario so we will be posting information as it is developed. Information will be posted in two types: **1) Tips and Tools** and **2) Thoughts and Ideas**. NO proposed cure alls, behavior fixes, or ways to make family life tidy and neat are proposed. Rest assured though where there is no one “RIGHT” answer there is also no “WRONG” way to proceed -- so if you see something interesting try it. Wise words from a parent I revere, “These are special times, if you see something you are sure won’t help TRY IT TWICE.” Every household is a laboratory and an art studio combined. We all do our best. We can experiment to find what helps at any given time. We hope some ideas and thoughts are helpful to some and encourage more ideas and thoughts for others. Take Care!

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