

Parent Tip #8: Give Yourself Grace



Parent(s) feeling stressed or overwhelmed

Let's all give ourselves—and each other—a little grace. Parents won't do a perfect job as stand-in teachers. Children won't do a perfect job as at-home learners. Educators won't have perfect home-based lesson plans. But, we're all in this together. Achievable plans are better than perfect ones. Be good to yourself, and be good to others. Regularly check in on your own social-emotional health, and separate what you can and cannot control during times of stress.

