



Parental Resilience

According to a recent [Pew Research Center survey](#) more than four in ten Americans say their personal life has been affected in a major way by the coronavirus outbreak. With Wisconsin's Safer at Home order extended until the end of May, families will continue to experience ongoing stress. Parents and caregivers are faced with another five weeks of serving as full time teachers, caretakers and activity directors for their children, all while working from home. For families who have been impacted financially, there is also the struggle of finding resources. Now, more than ever, is a time to support parents in [building their inner strength](#). While it can be difficult to know where to start, we all have an important role in encouraging parents to take a breather. Even small things can make a big difference. Two Wisconsin school districts have created a [virtual calming zone](#) website of resources for parents and children.

Other Prevention Month resources and strategies to help parents understand that stress is normal and to provide suggestions for self-care and sources of support:

- Share the Prevention Board Next Steps on [Building Inner Strength](#).

- Share messages of encouragement. [Sesame Street posted a message](#) directly to parents using Elmo's dad as the messenger to remind parents that it's ok to feel tired, that they are doing a great job and to take a few minutes to rejuvenate.
- Share messages from other parents about their coping strategies, such as a parent who posted that she took a break to enjoy a chocolate bar alone, while her children were otherwise occupied.
- Post comments of how you or others are available for parents.
- If your agency is offering virtual parenting education or parent cafes, particularly if you are open to parents outside your service area, please post the information widely.

Here are some resources that may be helpful for your families looking for resources:

- [Well Badger Resource Center](#) call line, 800-642-7837, staffed 7 am - 6 pm, Monday – Friday
- [211 Wisconsin](#), call or text 211, both provide a listening ear and connection to a wide range of resources.
- Mental health resources: <https://www.mhawisconsin.org/whats-new.aspx>

Thank you for your continued efforts to build safe, stable, and nurturing relationships and environments for Wisconsin's children and families.

