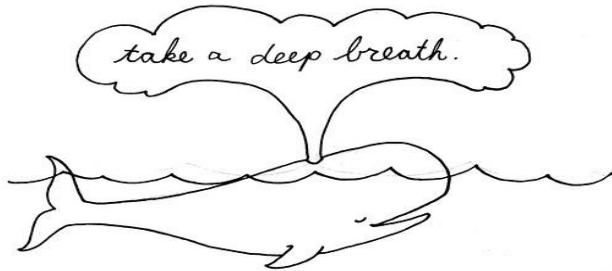


# Supporting Yourself and Your Child During COVID-19

- **Cut yourself some slack!**



- **Be realistic**

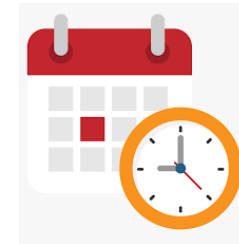


- **This is a great opportunity to spend quality time together!**

- **Give your child lots of positive feedback!**



- **Stick to a routine**



- **Practice self-care!**

