

Reconnecting During Difficult Times

What do I do when I feel done?

Containing and regulating your child's feelings can be exhausting. Some days may feel next to impossible. There may be times when you just feel like you don't have any more to give.

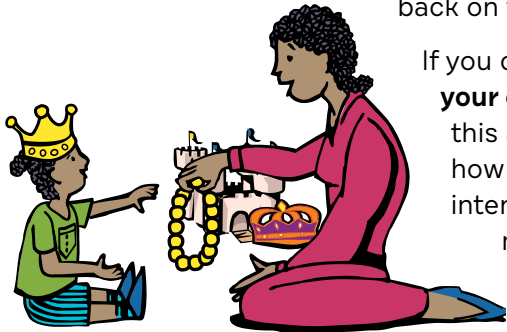
This is very normal and to be expected. Parenting young children in the best of circumstances is incredibly draining and hard work. Everyone **"hits the wall"** at one point or another and feels challenged to move on.

When taking care of young children it can be hard to find the space **to take care of yourself**, even in the smallest ways. Find a way to give yourself a break, even in the midst of the chaos.



What can I do to reconnect?

When connecting is really challenging, you might feel like you have lost all of the back and forth **joyful times of delight** with your child. It can feel very discouraging. When your child feels this disconnection their behavior often gets worse, which makes things even harder to get back on track.



If you can, try to think of an **activity that you have enjoyed with your child in the past**. Spend just 5-10 minutes each day doing this activity together when you are having a hard time, no matter how challenging it feels to be close to each other. Sometimes, intentionally returning to these **shared moments of delight** can help more than anything. Restoring your connection to each other can calm your shared nervous systems and help things go much better.

Some things you can do together to promote reconnection during difficult times:

- Listen to a favorite song and sing or dance around
- Play an enjoyable or favorite game
- Start a fun project
- Build something interesting or creative
- Make a favorite snack or meal
- Talk a walk outside, do some gardening or outdoor projects
- Read a favorite book

Parenting is **very hard work in the best of circumstances**. Hang in there! Please talk to your provider if you feeling overwhelmed by these feelings and would like additional support.

