

# BOUNCING BACK!

**No matter how much you plan or how prepared you are, life often takes over, usually when you least expect it!**

Parenthood can be overwhelming. Finding ways to be strong and flexible helps parents handle these challenges. Here are some of the ways to bounce back from tough times:

- **Keep a positive and hopeful attitude.**
- **Solve problems creatively, explore all possibilities.**
- **Seek support and help from others.**
- **Use past experiences as a guide.**
- **Rise to challenges with a conquering attitude.**
- **Fall back on the things and people that help you cope.**

## SOME TIPS TO HELP

### **VALUE YOUR EXPERIENCES AND YOUR WISDOM.**

Looking back can often provide clues about how to handle current challenges. Past experiences influence how you see things and how you respond. Take time to think about what helped and what didn't. Learn from your past and make use of what was helpful.



### **GET AND GIVE HELP.**

It takes courage to reach out for help and admit that you can't always "do it alone." It can also take courage to offer help to another parent. When you need help, try to ask specifically for what you really need. Know that if someone cannot help you, they may know someone who can!



### **BRAINSTORM FOR POSSIBILITIES.**

Sometimes the solution we are seeking is right there in front of us, but we just can't see it!

1. Get together with your husband, wife, parent or friend and "talk it out."
2. Be open to all possibilities, even the unlikely ones.
3. Begin by identifying any solution, option or response.
4. Sit with all your options for a while, and then make a choice based upon what is best for you and your family.



### **BELIEVE, BELIEVE, BELIEVE.**

During tough times it is often hard to believe that you will ever get through it. The messages in your head can either work for you or against you, so practice saying things such as, “I can make it happen!” or “Things are better, starting today.”



### **MAKE A PLAN AND FOLLOW THROUGH.**

After deciding what is best for you and your family, make a plan.

1. Identify the steps you need to take and decide what you will need.
2. Contact the supports you need.
3. Put your plan into action.
4. If another challenge arises, do not throw out your plan—adjust and get back on course!
5. Work at putting the pieces together and seeing the big picture.



### **RESPOND DON'T REACT.**

Your first reaction may not be your best, so slow down to consider your options. Be sure that your decision supports your needs and the priorities you have set for yourself and your family. Then, choose your best option and take action!

### **RESOURCES**

**2-I-I.** For additional information **DIAL 2-I-I** and connect to community resources for your family.

**www.ConnectCommunitySupport.org.** Go to this website for information about Strengthening Families in Westwood and Cheviot. Learn about this initiative, access local resources or **JOIN A PARENT CAFÉ.**

## strengthening families

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*Connect. Community. Support.*

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