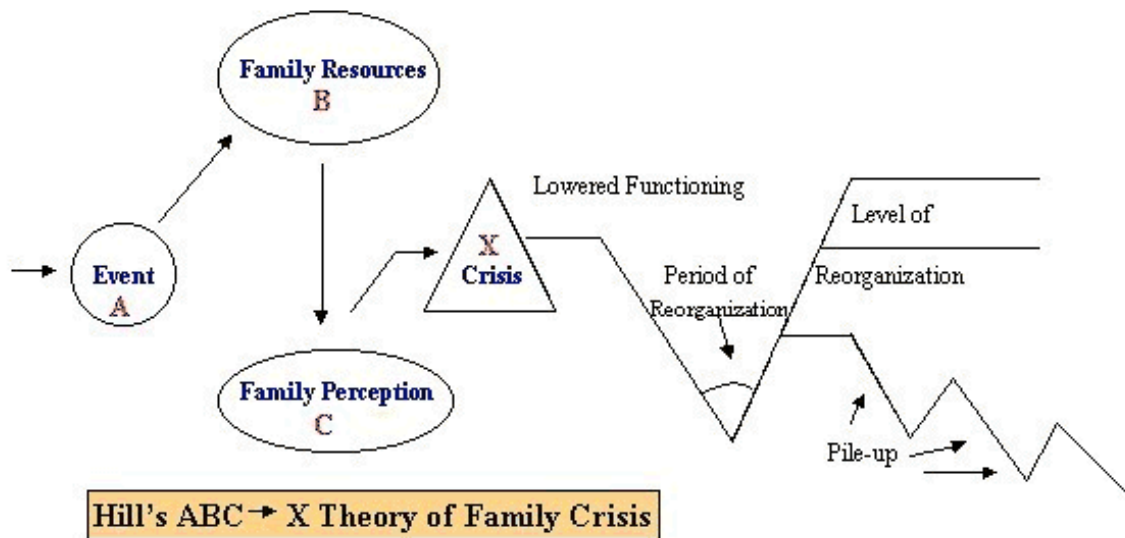


# Five Quick Tips to Manage Parental Stress

Dr. Karen DeBord, Possibility Parenting



**Tip One-** Help parents understand how stress works



Hill's ABC → X Theory of Family Crisis

**Tip Two-** Take Care of yourself so you can take care of the children

**Tip Three –** Manage your money and shopping by preparing before leaving the house.

**Tip Four –** Getting out the door by preparing ahead and preparing the children

**Tip Five-** Spend 10 to save 20 minutes; spend at least 10 minutes with your children right after you get home before rushing into your household and personal chores.