

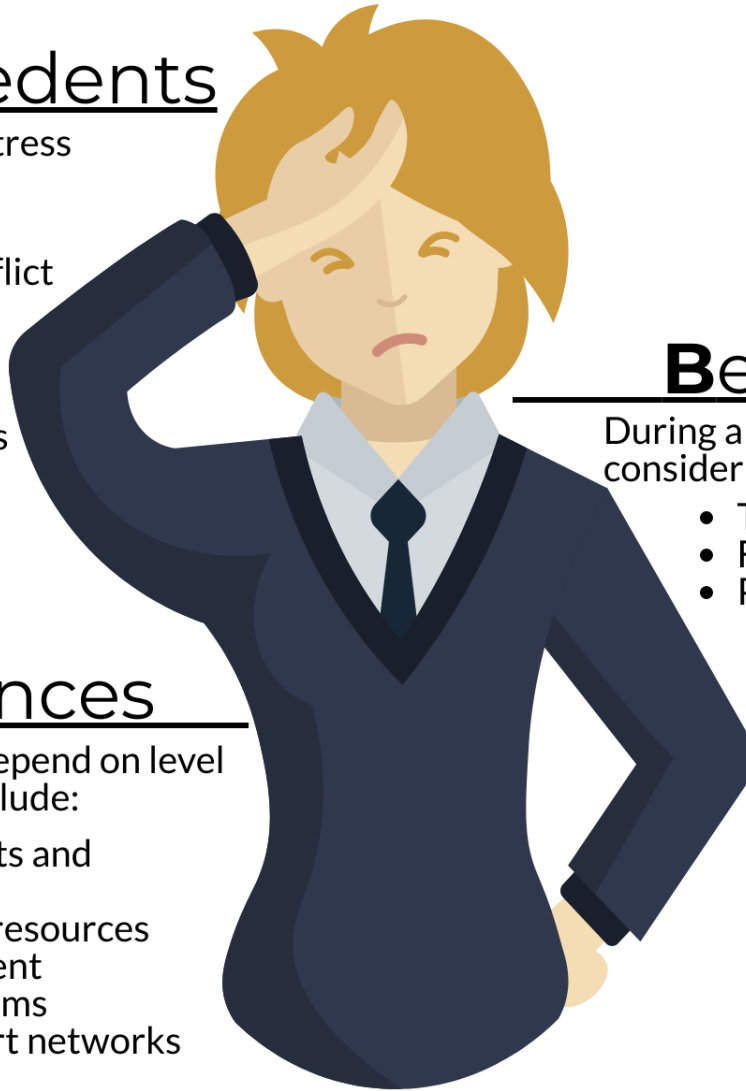
The ABCs of Parenting Stress

Antecedents

Two main parenting stress theories suggest:

- Parent distress
- Parent-child conflict
- Child-related challenges
- Daily hassles

Environmental factors play a role too



Behaviours

During a stress response, consider the:

- Thoughts
- Feelings
- Physical symptoms

Consequences

Potential outcomes depend on level of stress. They can include:

- Negative thoughts and emotions
- Less attentional resources
- Child maltreatment
- Coping mechanisms
- Enhanced support networks

Managing Parenting Stress



Deep breathing
try relaxing your muscles, imagery, or box breathing as well



Window of tolerance
engage in activities that expand your window



Hit the pause button
take some time to let your body calm down



Reframe
kids are having a hard time, not giving a hard time

Organization	Contact Information
<u>Mental Health Services</u>	
Adult Mental Health Services <ul style="list-style-type: none"> • Clinical nurse specialists, social workers, psychologists • Adults, families, individual counselling • Mental health issues 	<u>Phone:</u> (403) 943-1500 (Intake – Access Mental Health); (403) 943-9374 (Clinic) <u>Website:</u> http://www.albertahealthservices.ca
<u>Family Therapy</u>	
Calgary Family Services Society <ul style="list-style-type: none"> • Youth counselling • Anger/violence issues • Anger management • Family counselling • Individual counselling • Stress management 	<u>Phone:</u> (403) 205-5244 (Intake) <u>Email:</u> generalinquiries@calgaryfamily.org <u>Website:</u> http://www.calgaryfamily.org
Calgary Counselling Centre <ul style="list-style-type: none"> • Children of divorce group • Couple counselling • Individual counselling • Play therapy program • Responsible choices for children and parents group • Strengthening families – couples and conflict 	<u>Address:</u> 200-940 6 th Avenue SW, Calgary, Alberta T2P 3T1 <u>Phone:</u> (403) 691-5991 (Call Centre); (403) 265-4980 (Reception) <u>Email:</u> contactus@calgarycounselling.com <u>Website:</u> http://www.calgarycounselling.com
<u>Domestic Violence</u>	
24 Hour Family Violence Helpline	<u>Phone:</u> 1-866-606-7233
<u>Crisis Line</u>	
Distress Centre <ul style="list-style-type: none"> • 24 Hour crisis line • 24 Hour suicide prevention line • 2-1-1 Calgary (referral resource) • ConnecTeen • Counselling Program 	<u>Phone:</u> (403) 266-4357 <u>Email:</u> info@distresscentre.com <u>Website:</u> http://www.distresscentre.com



We have included several links to great parenting-related resources that might be of interest:

1. Center on the Developing Child, Harvard University

This website contains lots of great information on early childhood development. For example, there are articles about toxic stress ([link here](#)), children's resilience ([link here](#)), and the core capabilities needed by adults ([link here](#)). Be sure to check out their infographics!

2. Collaborative for Academic, Social, and Emotional Learning (CASEL)

This website offers information about children's social and emotional (SEL) learning. CASEL has resources specifically for parents, including articles and newsletters ([link here](#)) and a YouTube video ([link here](#)).

3. Edutopia

This website provides a resource guide for parents about social and emotional learning ([link here](#)) that includes teaching empathy, cultivating compassion, and raising kind children.

4. American Psychological Foundation

This feature provides a list of top parenting resources selected by psychologists ([link here](#)), including scientifically supported websites, books, and general information about raising children.

We hope you enjoy these resources!