

A COVID-19 COPING TOOLKIT FOR PARENTS AND CAREGIVERS IN RECOVERY



The Triple Challenges of Managing Caregiving, Recovery and COVID-19

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7 Tip Sheets

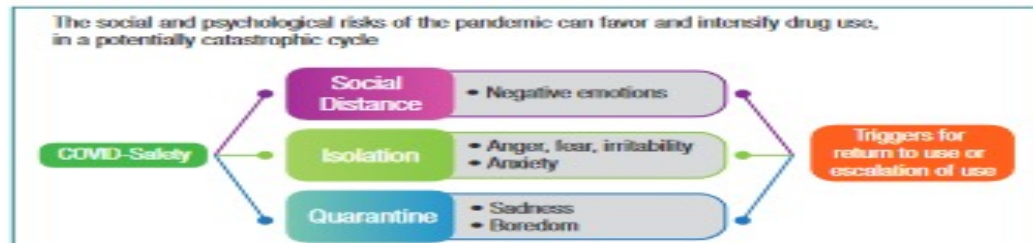
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#1 Tip Sheet

Growing Through Isolation: Tips for Parents/Caregivers in Recovery During Covid-19

In a strange kind of paradox, the actions we all need to take to keep ourselves and loved ones safe during Covid-19 are the same actions that can also make us feel lonely, isolated, and sometimes trapped at home.



For parents/caregivers and children in recovery from drug problems, COVID-19 can bring even more stress than for people who never experienced drug problems.

Children who grow up with caregivers in active addiction or early recovery need even more support than other children to:

- avoid emotional problems
- to thrive in school and
- to form and maintain healthy relationships

Children are “mirrors” of their caregiving environments. That means when caregivers model mental and physical health, then their children will “reflect back” with their own mental and physical health.

Here are three tips for having a healthy mind and body, and ways to help children have vibrant mental and physical health.

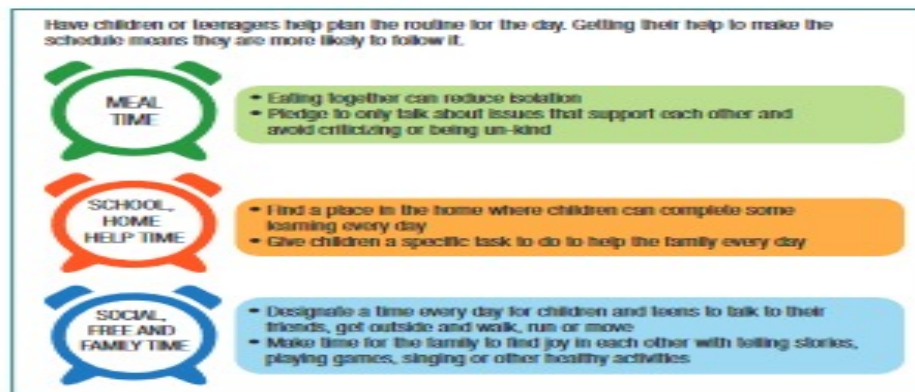
1. Practice recovery as connection with self, others and a higher-power. Spend 20 minutes every day meditating, praying, or practicing a sense of calm connection between your thoughts and body movements. Once a day talk with another person in a positive way.

2. Create and keep the same routine every day and involve your children in the structure. A lack of structure and routine creates uncertainty. Uncertainty creates a deep sense of insecurity for children.

3. Practice being emotionally available to your children every day. Children crave their parent/caregiver’s positive attention. Caregiving is **MUCH**

MORE than giving a child food, clothing and shelter. They need your emotional presence and attention. Set aside 20 minutes every day to:

- a. Turn off your phone, TV, or other screens
- b. Listen to them, look at them and give them your full attention



- c. Have fun with your children, say positive things about them

Following these tips will help your recovery and your children to grow up mentally and physically healthy!



QUESTIONS?

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