



# COVID-19 and Parenting

## *What to do when frustrations are high*

Concerns about health, job security, bills, homeschooling, and limits on social and recreation options can wear patience thin, making it difficult to remain calm with children in the home.

**Join Dr. Kristy Donaldson as she shares tips on how to keep your cool, and avoid lashing out, during stressful times.**

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