



WELCOME!

Tell us in the chat: Where are you from?

Proudly Founded By



**The Kids
Mental Health
Foundation™**



**NATIONWIDE
CHILDREN'S®**



The Parent Stress Reset

Whitney J. Raglin Bignall, PhD
Ariana Hoet, PhD

Moderated by: Diane McGuire



**The Kids
Mental Health
Foundation**

Reminders

This is an **INTERACTIVE** webinar.

- Recording in progress
- Toolkit in the chat
- Slides will be emailed
- Post questions in the chat
- Q&A at the end





Dr. Whitney Raglin Bignall Dr. Ariana Hoet

**We create and distribute
evidence-informed
resources for free to
every community in the
United States.**

With the goal to:

Break
Stigmas



Increase
Literacy



Teach
Skills





**Thank you,
Corporate Collective
Members!**

Abercrombie & Fitch Co.



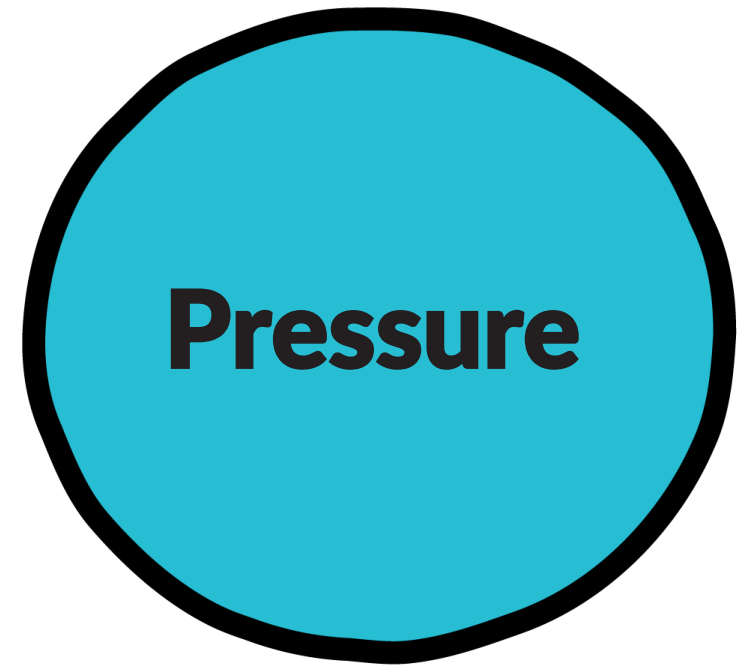
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What We'll Learn...

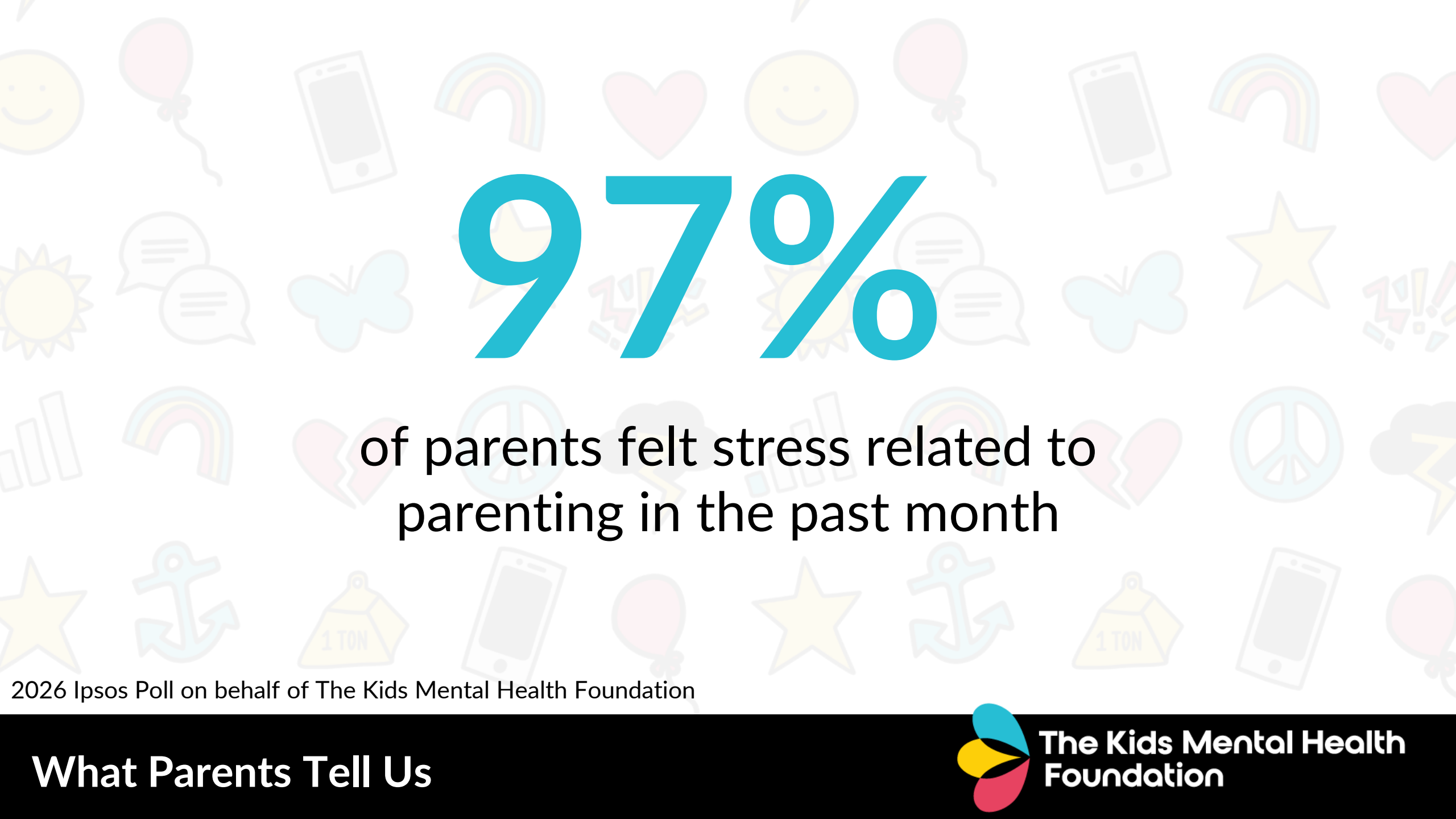
1. Understand how **parental stress** impacts kids' mental health.
2. Learn how to **identify the values and priorities** that your family has.
3. Come up with a plan for **reducing some of your everyday parenting stress**.
4. Use the 3 Cs to manage behaviors and big emotions, **building calm *in your home***.





We all feel them.





97%

of parents felt stress related to parenting in the past month

2026 Ipsos Poll on behalf of The Kids Mental Health Foundation

What Parents Tell Us



**The Kids Mental Health
Foundation**

Anxiety, Stress and Fears in Parents



Financial

- Food, shelter and clothing
- Childcare costs
- Inflation
- Tuition



Concerns for My Kids

- Child's behaviors
- My child's emotions or emotional health



Time

- Balancing work and family demands
- Work pressure



World

- Current events in the world
- Social media
- Technology



My Mental Health

- Emotional and mental wellness needs



Anxiety, Stress and Fears in Parents



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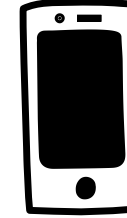
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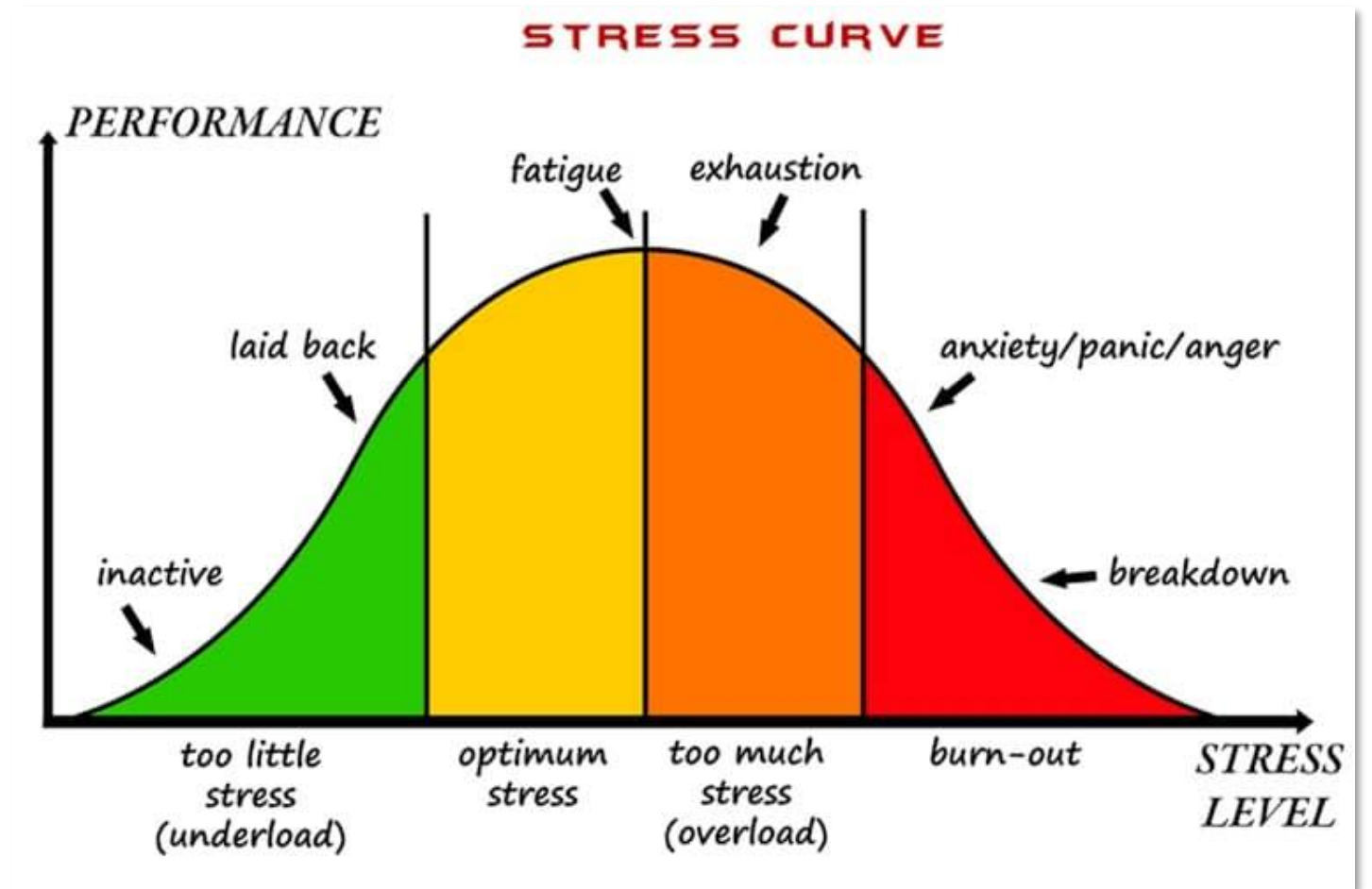
Question:

Which one causes you the most the stress?



What Is Stress?

Stress is when you feel like your **current resources** (energy, support, time etc.) are **NOT enough** to meet what you need to do.

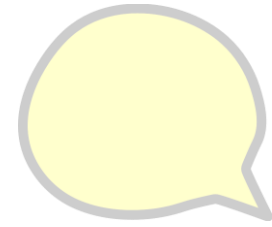


<https://stock.adobe.com/search?k=stress+performance+curve>

Why Talk About Parental Stress?



How Stress Shows Up in Adults (And Why Kids Notice)



Physical Symptoms

- Headaches
- Sleep problems
- Stomachaches
- Low energy

Behavioral Symptoms

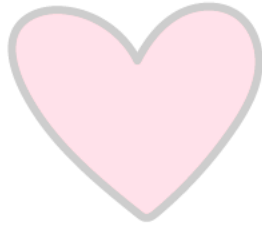
- Eating more or less
- Avoiding friends & family
- Teeth grinding
- Increased alcohol/drug abuse

Emotional and Mental Symptoms

- Increased anger, anxiety
- Feeling overwhelmed
- Brain fog
- Loss of interest in activities
- Trouble making decisions



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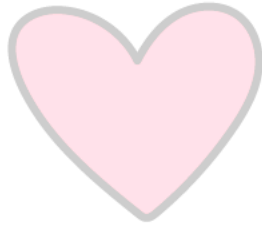
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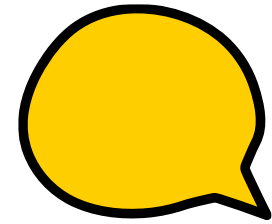
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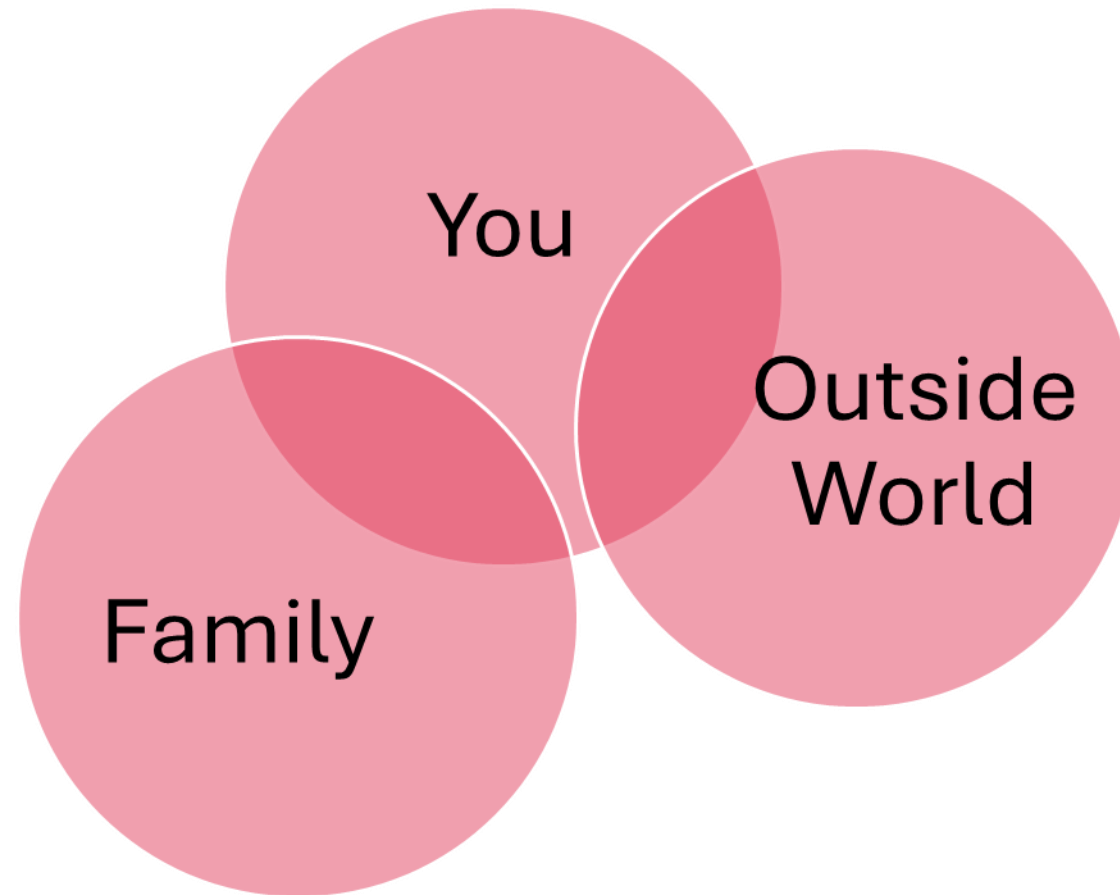


Emotional and Mental Symptoms

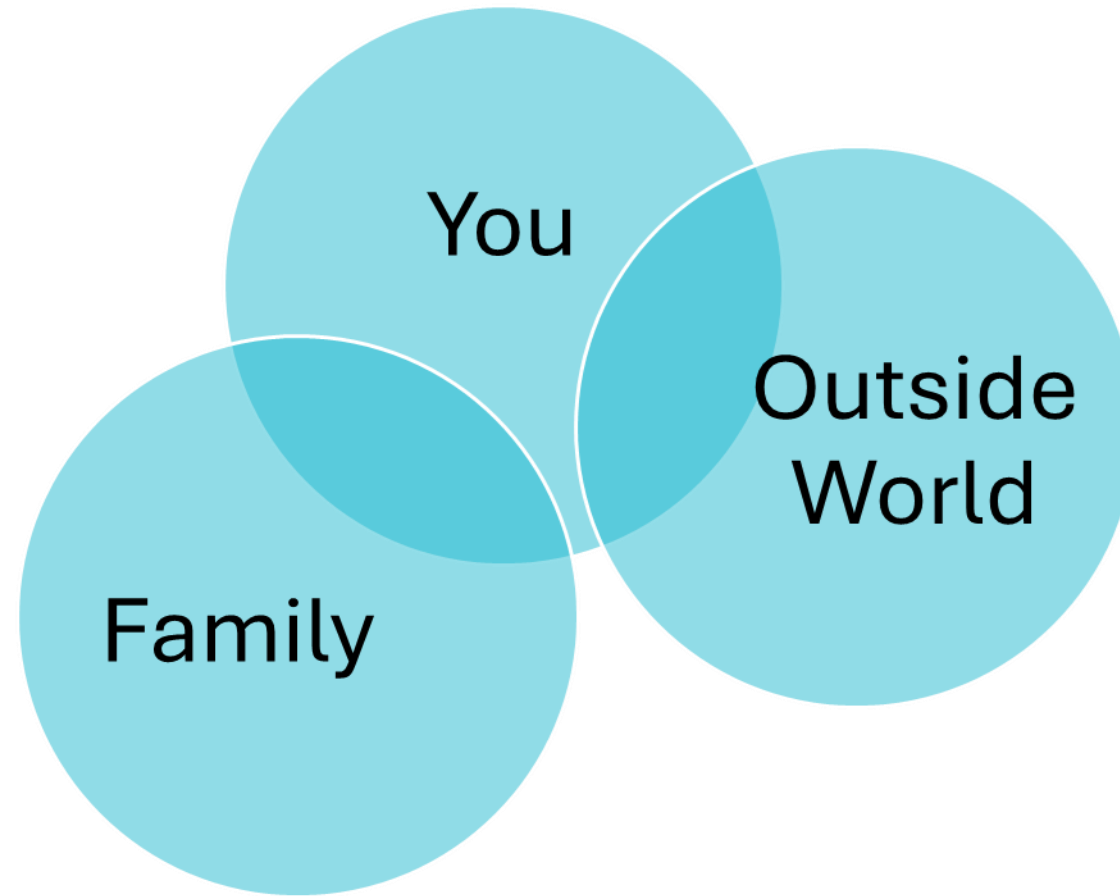
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What About Parental Stress?



What About Parental Calm?



Question:

How do you want your home to feel? Type **one word** in the chat to describe how your home would ideally feel.



Start With What's Important



Start with Values

1. Check in with yourself.

- a. What kind of parent do I want to be?
- b. What future do I want for my children?
- c. How do I want to spend my time?

Discovering Your Family Values



How to create your family vision statement.

1. Get a posterboard or tape several pieces of paper together.
2. Brainstorm ideas, letting everyone share their thoughts.
3. Answer the following questions:
 - What are things you think are important for us to do as a family?
 - What shouldn't we do as a family?
 - How do we like to spend time together as a family?
 - What do we really care about as a family?
 - What is our family "about"?
 - What are we good at?
 - What are some things we're working to improve on?
4. When you have the answers, challenge one another to come up with sentences or phrases that really express your family values.
5. See if you can all agree on one statement.
6. Write that statement on your poster/paper.
7. Decorate however you want to.
8. Hang it somewhere that the family can see it.

Example Poster



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Start with Values

2. Check in with family:

- What things are important to us as a family?
- What is our family about?
- What do we really care about as family?

3. Set goals.

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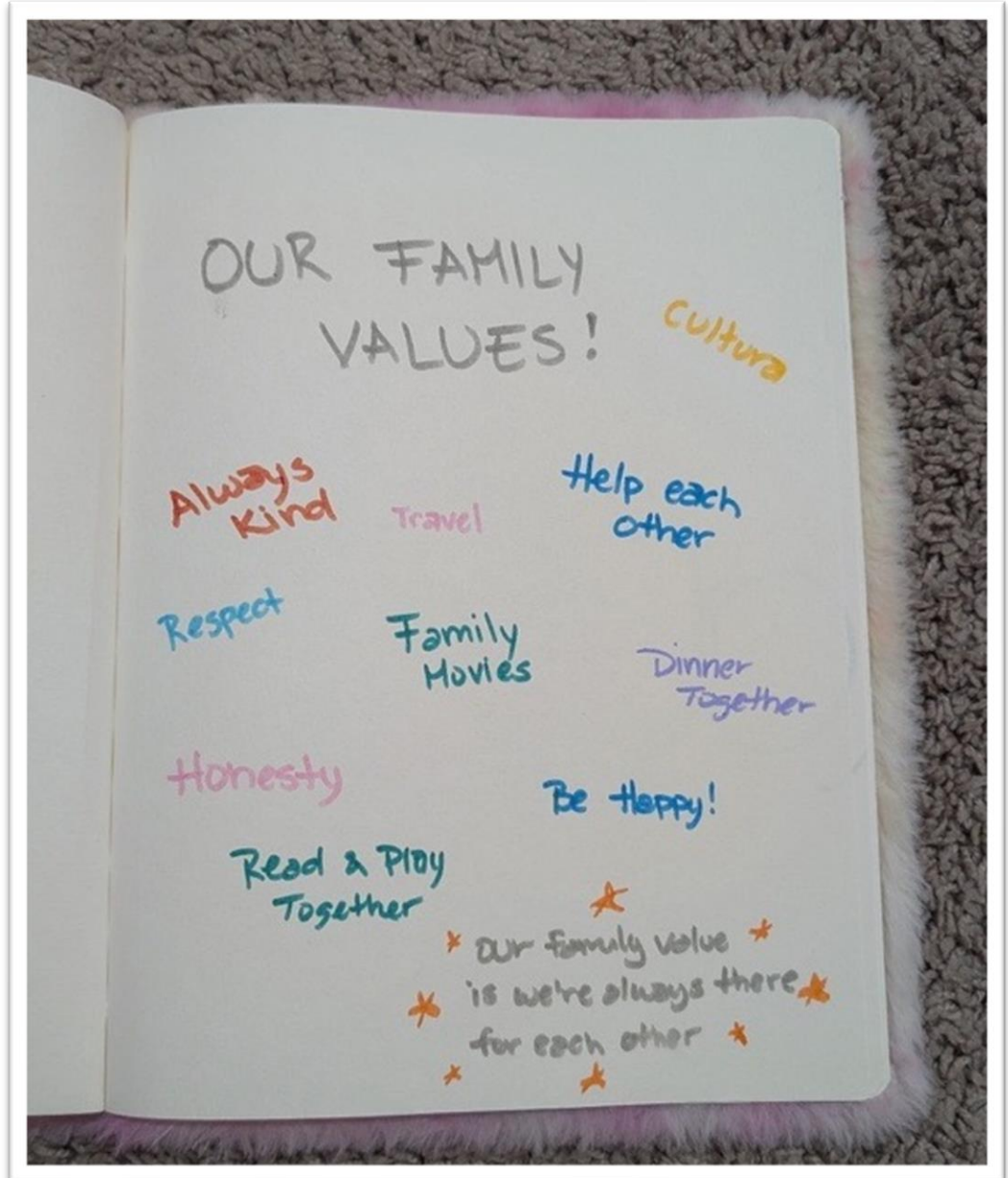
Our Examples

Faith, Family,
Health and |
Balance!



Bignall Family Values

1. Strive to be healthy – spiritually, physically, and mentally each day
2. Constantly working on building our immediate and extended family relationships
3. Education is paramount
4. Service to others and our community
5. Keep work, recreation and rest in balance



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Now that you've started to think about what matters most to you, let's talk about your stressors!



Setting Goals to Reduce Stress

Less Stress Is Best!

We know life is stressful and sometimes you need resources to help. Resources can be all kinds of different things – like types of support (people, organizations, materials to do a project) but also the amount of time or energy you have.

Step 1: What resources do you have? Are there resources you need or need more of? Identify one resource you could try to get more of and a step you will take to get that.

Step 2: Self-care is also an important part of managing stress. How well are you taking care of yourself? If you need help increasing self-care – try making a plan!

What do I want to get from self care? How will it help me?

Step 3: Come up with ideas of ways to start and then try one.

Set a goal. Find areas that you could make a change and come up with 3 ideas you could try. Then set a plan for yourself.

Example:

Goals: Having more energy or being in a better mood.

Areas I could change: Get enough sleep or move my body more.

Ideas:

- Put down my phone 15 minutes earlier.
- Try deep breathing at night to help fall asleep.
- Ask my family member to watch my kids for a few hours on the weekend, so I can take a nap or go for a walk.

Plan: Put down my phone 15 minutes before bed this week.

Goal:

Ideas:

Plan:



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**What resources do
you have?**





What resources do you have?



What resources do you need more of?

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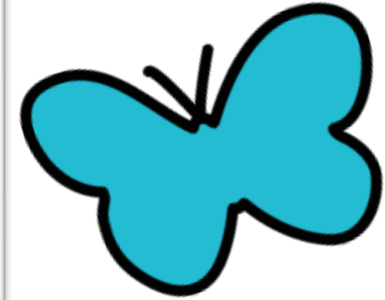
Resources I have: Support from family + friends

Resources I need of: time and energy

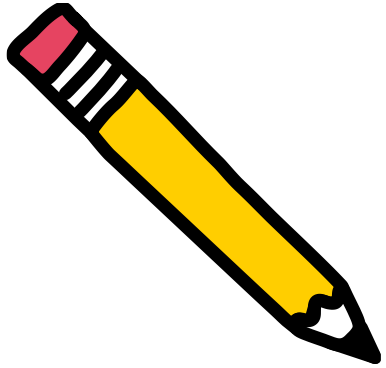
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What do I want to get from self care? How will it help me?

I'm doing a "OK" or "fair"; I have a hard time fitting it in with work and caring for my 3-year old son.



What Is a Goal I Feel Able to Take On?



For example, it's important for me to stretch. But it's really hard finding time with a toddler!

So, my goal is get more stretching in each week, since right now, I'm not doing it.

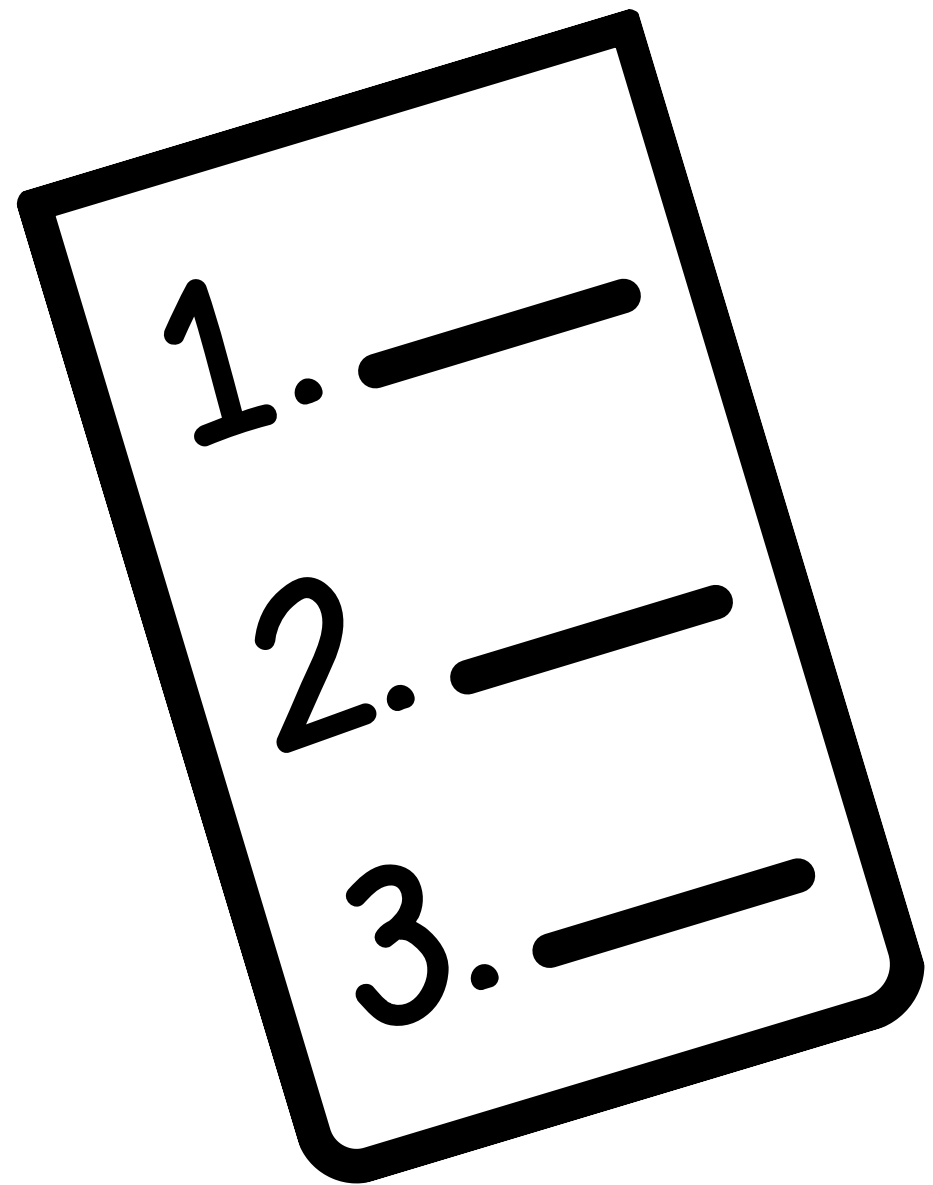


Goal – In Progress

My goal is to get stretching in multiple times each week.

Ideas are:

Plan:

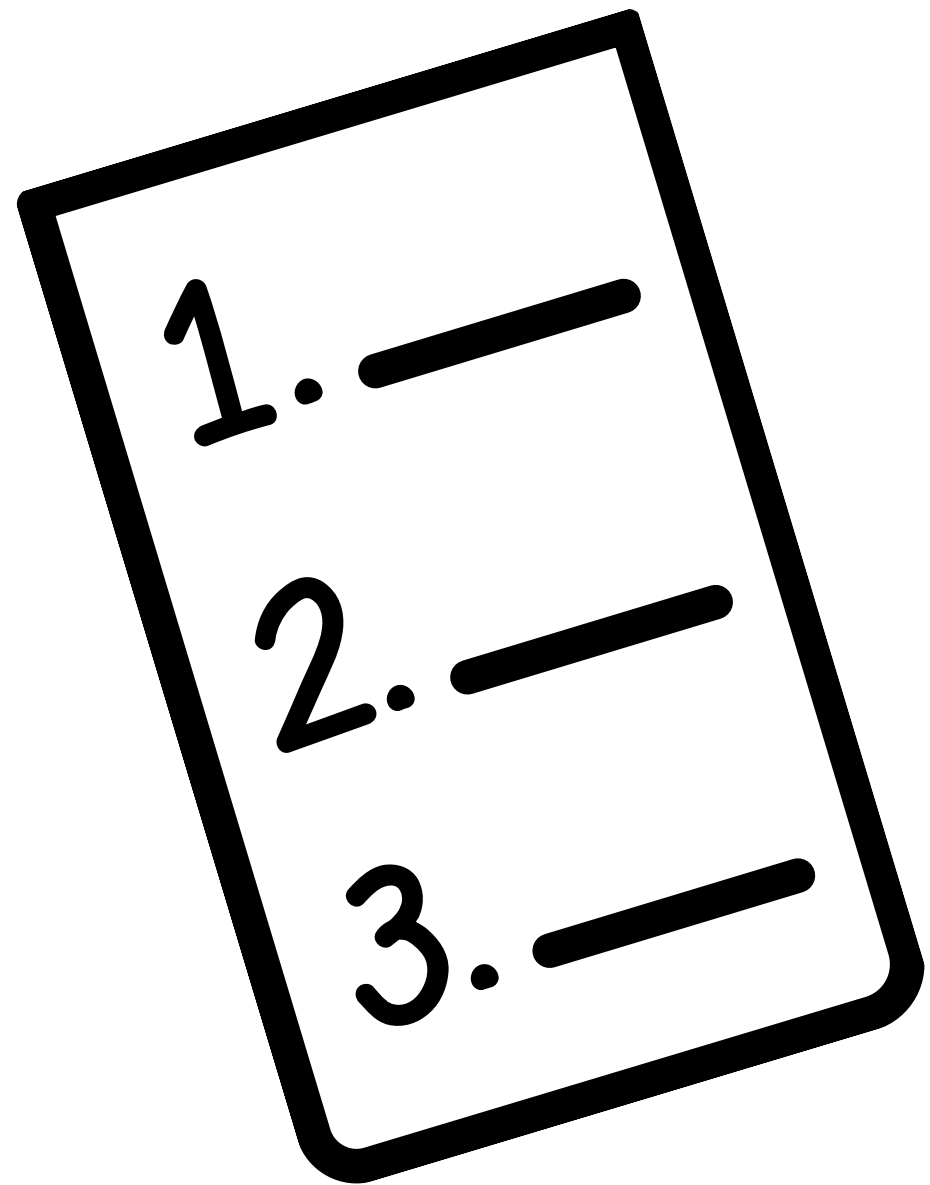


Goal – In Progress

My goal is to get stretching in multiple times each week.

Ideas are: get up earlier, do the right before bed, do them during lunch

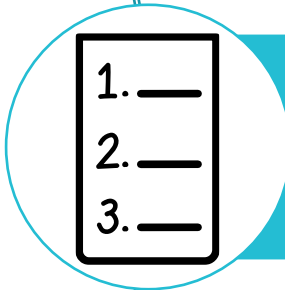
Plan: Do right before bed



3 Tools for a Calmer Home



Connection



Consistent Rules and Routines



Consequences

The Three Cs to Add Calm at Home



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Connection

4 Key Parts to Intentional Time:

1. Have your child lead!
2. Praise and provide encouragement.
3. Observe what they are doing and comment.
4. Avoid asking too many questions.

Quality Time Builders



Need some inspiration for what to do during intentional child time? When possible, let your child pick what they'd like to do. Pick things that won't cause conflict or stress.

Younger Children

1. Go to a playground.
2. Try pretend play, such as playing house or super heroes.
3. Have a dance party.
4. Play with blocks or building materials.
5. Make a sensory bin.
6. Play in the sink or let them help with small chores.
7. Give your kid a bath (bubbles or toys welcome).
8. Play I-Spy while you're driving.
9. Color together or do a craft.
10. Read a book.
11. Kick or throw a ball back and forth.
12. Play with a toy you haven't used in a while.
13. (Fill in) _____

14. (Fill in) _____

Older Children

1. Play a board game.
2. Cook or bake something fun.
3. Build models or design your own city.
4. Solve a puzzle.
5. Go on a walk or hike.
6. Play catch or soccer at a park.
7. Watch or make a video together.
8. Let your child teach you a dance move.
9. Listen to a song your child likes in the car.
10. Make a craft together.
11. Try an activity they liked when they were younger.
12. (Fill in) _____

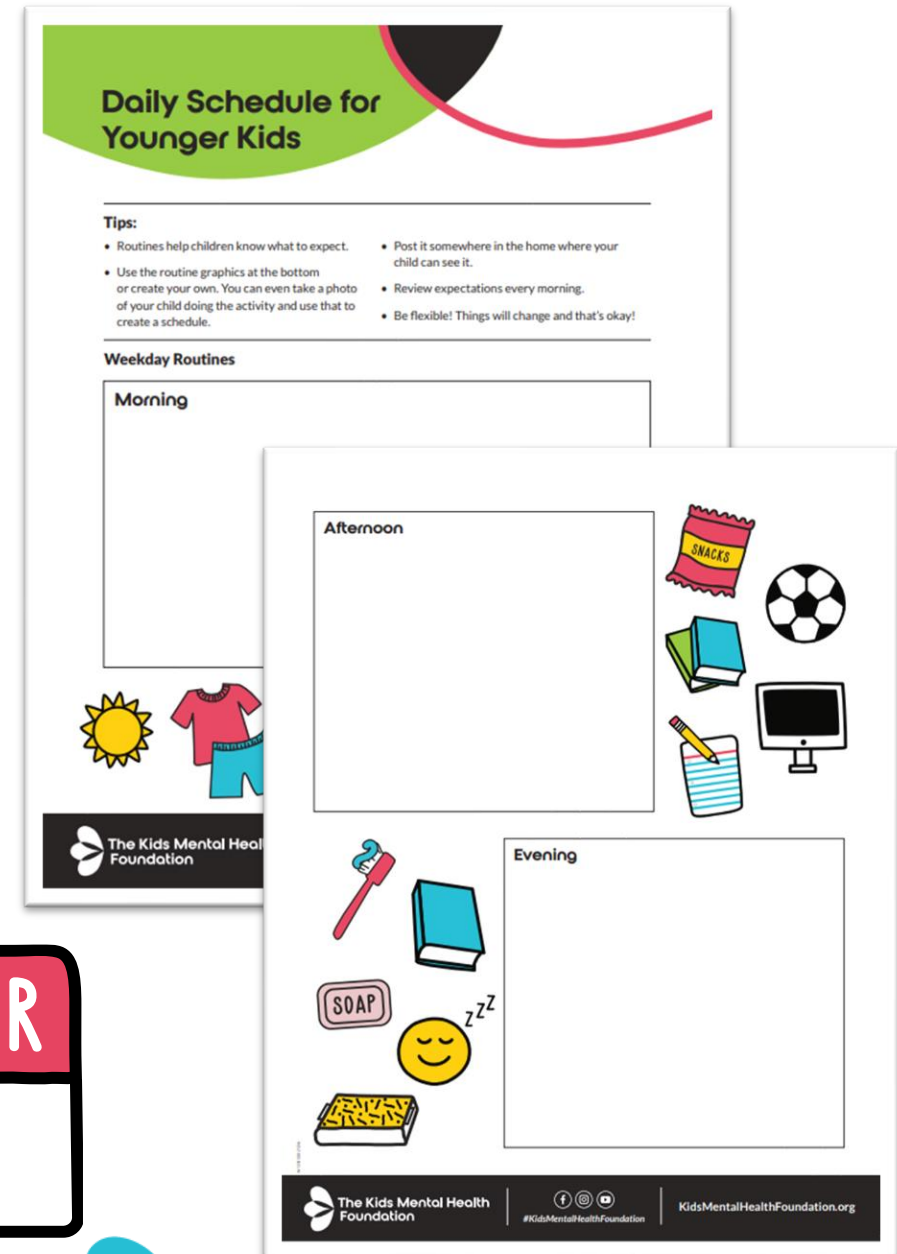
13. (Fill in) _____



Consistent Rules and Routines

Schedules

- Kids love repetition!
- Routines help children know what to expect and feel safe.
- It decreases power struggles.
- Bonus: more independence!



Consequences: Positive and Negative



POSITIVE

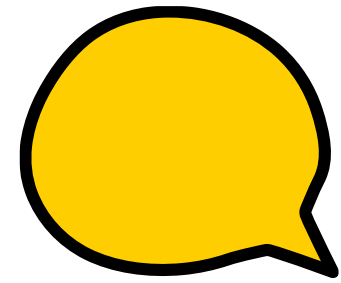
- Praise
- Token economy /reward
- Removing something they don't like



NEGATIVE

- Verbal correction
- Removing privilege or access
- Active ignoring
- Time out

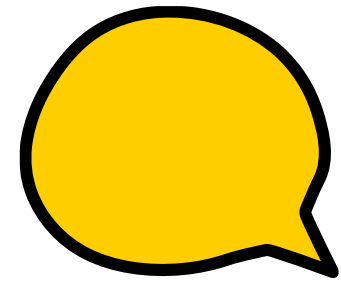
Positive Consequences



Focus on what you want to see: Be specific	<i>“Keep your hands and feet to yourself.”</i>
Catch them being good: Don’t wait for just once a week or month, try to do this throughout the day.	<i>“Great job using your quiet voice and your walking feet in the library!”</i>
Consider tokens: Sticker charts, rewards or other positive things will encourage more behaviors that you want.	<i>Allow them to earn something each week or month, or even daily depending on what it is.</i>
Remove a pain point: Take away a chore or other difficult task.	<i>“I just heard you offering to share with your sister. Thank you! You don’t have to empty the dishwasher tonight.”</i>



Consequences (Negative)



Verbal correction: Anytime you provide correction or feedback verbally	<i>“Stop throwing your toys” or “You need to share with your sister”</i>
Active Ignoring: Not giving attention to behavior we don’t want to reinforce	<i>Not responding to whinnying</i>
Removing privileges: Taking away a desirable item or activity	<i>Taking away a toy or time on a device.</i>
Time Out: Removing the child from attention and other reinforcing things to correct behaviors	<i>Having child sit on the bottom step after disobeying the family rules; taking away driving privileges</i>



Question:

Which of the 3 Cs do you think will be most helpful for you?





Add your question to the Q&A at the bottom of
your screen

Wrap Up

- It's **normal to feel stressed** as a parent. There are things you can do to **reduce stress**.
- Think of **what matters to you most** and put your time and energy into those things.
- Come up with a plan to try **one thing to reduce your stress**. If that didn't work, try another of your ideas.
- The **3 Cs** (Connection, Consistent Rules and Routines and Consequences) **can help bring more calm** into your home.





**Thank you,
Corporate Collective
Members!**

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