



Managing Parental Burnout

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The Kellin Foundation builds resilient children, families, and adults through behavioral health services, victim advocacy, and community outreach.

Parental (Caregiver) Burnout: a "unique and context-specific syndrome resulting from enduring exposure to chronic parenting stress." Its primary symptom is overwhelming exhaustion relating to one's role as a parent.

1. Exhaustion: Physical, emotional, and cognitive
2. Detachment: Feeling disconnected from the people around you and yourself
3. Inefficacy: Feels as if parenting is too big a task and you are inadequate as a parent.

Self care: The ways you take care of yourself. The Self Care Wheel by Olga Phoenix identifies the different ways to practice self care.

Shared care: Activities or moments that replenish the CONNECTION between you and your children.

NCTSN Resources

Characteristics of family resilience:

- Beliefs and attitudes that facilitate coping
- They do their best to maintain routines and rituals but with flexibility
- Effective communication about both information and feelings
- They show adaptive problem solving

Pause-Reset-Nourish (PRN)

Pause: Check in with your internal experiences or how your body is feeling at the present moment.

Reset: Actively do something to help you feel steadier, more calm, confident or focused on your next task. Be kind to yourself and remember that these are difficult times.

Nourish: Soak in something positive that replenishes your mind-body-heart-soul-or spirit. Turn your focus towards something that helps you remember your own strength and resilience, or reminds you to take time to tend to yourself. You may ask yourself, "What do I need to nourish myself right now?"

Seeking Support

COVID-19 has made it more challenging to receive support from family members, faith groups, schools, daycares, etc. Support may look different now than it did before the pandemic.

- Parenting books, online parent support groups, tele-therapy, child care, play dates, shifts with partner, calling a friend
- Reach out to local organizations for additional support with mental health concerns, finances, child care, housing, job security, etc



References

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