

# Post Election Parenting Plan

A guide to help parents navigate the next four years, focusing on proactive actions, emotional support, and ways to create a hopeful future for their children.

## Emotional Check-In:

### I am feeling...

- |               |              |                 |
|---------------|--------------|-----------------|
| • Hopeful     | • Sad        | Other Emotions: |
| • Overwhelmed | • Inspired   | •               |
| • Anxious     | • Concerned  | •               |
| • Determined  | • Tired      | •               |
| • Frustrated  | • Grateful   | •               |
| • Confused    | • Resilient  | •               |
| • Angry       | • Optimistic | •               |
| • Motivated   | • Worried    | •               |

### How am I feeling about the future for my child(ren)?

### What emotions come up when I think about the next 4 years?

### How can I acknowledge these feelings in a healthy way?

### What are some strategies that will help me manage my emotions and stay grounded for my family?

- Take breaks from the news
- Go for a family walk or hike (baby-wearing if needed)
- Practice meditation or deep breathing (while the baby naps)
- Create an art or journaling space for reflection
- Spend time outdoors or at the park for fresh air
- Schedule regular family game or movie nights
- Laugh together—watch a comedy or share funny stories
- Set limits on social media time
- Cook a meal together or try a new recipe
- Practice gratitude with daily or weekly reflections
- Join a parenting or support group
- Connect with other parents
- Listen to uplifting or calming music or nature sounds
- Do a family exercise routine, gentle stretches, or yoga
- Create a calming bedtime routine for you and your little one(s)
- Snuggle time with the baby for grounding and connection
- Volunteer together in the community, if possible
- Use soothing scents like lavender to calm you and family
- Read books that inspire hope and resilience
- Practice deep breathing while rocking or holding baby
- Ask for help when you need a break—partner, family, friends

What support systems (friends, community, etc.) can I lean on?

How can I create a supportive network for my child(ren)?

## Values & Vision:

What values do I want to instill in my children during this time?

What kind of world do I envision for my child(ren)?

How can I embody these values and model resilience and hope?

## Supporting My Children:

How can I create a sense of safety and stability for my children?

How will I handle tough conversations about current events with my kids?

What routines or practices can help them feel secure?

## Community Engagement:

How can we get involved in local causes or organizations as a family?

Who are the leaders and advocates in my community I want to support?

What events or actions can we participate in together to foster a sense of community?

## Future-Oriented Action Steps:

What steps can I take to work toward a brighter future for my family?

How can I stay informed and engaged without feeling overwhelmed?

What positive goals can I set for the next four years?



Supporting parents with compassionate, inclusive care and resources, helping families thrive through every stage of the parenting journey.