

# Mind Your Mental Health

## Three tips to take care of yourself when your child is sick

1. Share the responsibility of care with your partner, relatives, or other support persons.
2. Remember to rest when your child is resting. If you feel uncomfortable about leaving your sleeping child alone, sleep close by your child.
3. Talk with your doctor if you feel exhausted and unable to continue to care for your child adequately. This can happen to any parent.



#MYMH

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