

How to parent when you're sick

Maybe you've started to notice a tickle in your throat, or your stomach is acting up. You hope it's not true, but eventually you have to face it: you're sick... with a kid?! When you're not feeling well, parenting can feel well, near impossible. While we know this time can be extra challenging, [here are a few tips and tricks to balance caring for your family and giving yourself the rest you need to recover.](#)



PROTECT

You know the typical precautions you have when you're sick? **Be extra vigilant** about them now. Wash your hands with warm water and soap before touching the baby. Try not to cough and sneeze on your baby. If you're feeling overwhelmed: Ask for help. There's no need to try to do it all ever, but when you're sick, you seriously need a rest.

DELEGATE

You're going to need a break, which means you're going to need some help. When you enlist help, delegate tasks to make sure everything is taken care of so you can get the rest you need to get better as soon as possible. Whether it's changing diapers, cooking, cleaning, or other run-of-the-mill housework that just has to get done, assign an owner.

IF YOU'RE BREASTFEEDING AND YOU JUST HAVE A COLD—CONTINUE TO BREASTFEED

If you're nursing, you don't have to stop just because you have a cold. It's actually good for your baby, since your milk contains antibodies that will protect your baby from the virus you're suffering from. But if you think your illness may be more serious than a cold, talk to your provider to see if you should keep breastfeeding.

GET THE CARE YOU NEED

As a parent, it's easy just to focus on the health of your children and put yours on the back burner. But you should be a priority too. Reach out to a family medicine provider if you're in need for advice. And Zzz's = medicine.

IGNORE THE CHORES

Can't delegate? It's okay if the laundry piles up and the dishes in the sink don't get done right away. Your main priorities right now are getting better and taking care of your child.