

# The Four “E”s of Intentional Parenting with Illness

**E**xpand your circle. Who can help you? Friends? Extended family? Church family? Neighbors? School support? Social organizations? You are going to need occasional help with things like meals, rides to school/practices, house cleaning, and errands. Who do you have in your life that wants to step up for you? Let them help!

**E**nlist your children. It is important to help them maintain a sense of involvement by doing their age-appropriate part. Chores and checklists, followed by a “thank you” from you can go a long way to allow them to be part of the solution to all the changes in your family life.

**E**dit your priorities. Just because you can’t do everything anymore does not make you less of a superhero. Decide what is most important and focus on that. Many of the little things, that make us too busy, are not as important as we think.

**E**xamine your self-care. Taking good care of yourself makes you available to your family, and it sets a good example. Using the airplane example, how can you make sure you put the oxygen mask on yourself first so that you can then help others?