

3 Healthy Coping Activities You Can Do With Your Child

Recovering from an addiction is a difficult task for anyone. However for single parents, it can become much harder. The stress of single parenthood alone can play havoc with your recovery while finding time for treatment becomes next to impossible. While resources exist to make treatment more manageable, it is also important that you find a way to cope with your stress in a healthy way.

The inability to cope is what leads many people to addiction, meaning a healthy coping tactic is a necessity for recovery. As a single parent, it is best to utilize a method that includes your child so that they can be included in your daily life as well as learn how to cope at an early age. Here are a few stress-reducing activities you can do with your child.

Kids Yoga

[Yoga](#) is gaining popularity as an exercise and recovery method of choice for many people. It combines the beneficial aspects of both meditation and exercise, making it an ideal combination for overly stressed people. Daily yoga can reduce stress levels and boost mood which will, in turn, ease your way to recovery.



To bring your child in on the fun, some yoga instructors have begun offering yoga classes for children. However, classes can be expensive and, frankly, aren't a necessity in the age of the internet. Instead, try one of the many YouTube channels devoted to kids' yoga sessions. It may seem a little silly to you, but your child will enjoy the music, images of popular characters, and time spent having fun with you.

Regardless of the target audience, you will still be able to benefit from the exercises and meditative aspect. You may want to do a more soothing, adult-oriented session after your child has gone to bed.

Crafting or Coloring

Almost all kids enjoy making some kind of craft. Studies are showing that [coloring](#) and [crafting](#) are wonderful ways to reduce stress, making them an ideal and portable coping mechanism.

For times when you feel stressed, sit your child down with you and work on coloring books together. This can keep your child occupied and quiet while you lower your stress levels while simultaneously allowing you to spend quality time together.

Gardening

Though not all families have the space for a garden, it is very likely that you have space for some pots and planters indoors. Gardening is a very [therapeutic](#) act that can reduce stress for you while teaching your child responsibility.

If you have an outdoor garden plot, whether in the backyard or in a [community garden](#), you will be able to get out of the confines of your home, enjoy the fresh air, and even grow your own food. Your child can learn to keep plants healthy while working out energy by pulling weeds and watering.

Indoor gardens tend to be a little less work and therefore a little less time consuming. Remembering to water a plant every day and watching it grow can be very beneficial for children as well as for yourself. Successfully raising a plant and watching it flourish can be just the esteem boost you need to make it through treatment.

Recovering from addiction as a single parent may be hard, but it is not impossible. Including your child in healthy coping strategies and life changes will not only keep your bond strong, but it will also help prevent your child from struggling with addiction the way you did.

Keep in mind that, while coping mechanisms are important, so is therapy. If you have no way of getting childcare, try a virtual or phone counseling plan. There are always options. In the meantime, do what you can to make your daily life better, and take care in knowing you are helping your child grow up well-rounded and prepared for anything.

Sarah Lockwood is a concerned parent and former social worker. Having worked with the public for decades and after watching her own daughter struggle with addiction, Sarah knows all too well the devastation that can be caused by drug and alcohol abuse. Sarah's daughter is now in recovery, but her experiences with substance abuse inspired Sarah to get involved with [ThePreventionCoalition.org](#). She plans to spread awareness and support through her work for others dealing with addiction. While Sarah devotes a lot of time to the Coalition, she makes sure to relax and enjoy the small things in life, as every day is a gift.

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