

Minding Me!

Self Care For Parents

Be “good enough”.
There is no such thing as a perfect parent. We can all learn from our mistakes.



Model for your children how to take care of yourself.



Ask for help.
Everyone needs it sometimes. Reach out and accept support.



Make time for fun!
Smiling and laughing releases endorphins which are the body’s “feel good” chemicals.



Do something you love every day. Making time for hobbies will help you to be a calmer, more responsive parent.



Think positive!
When your children cause you stress, remind yourself that it is not personal. They just need your help with something they are finding challenging.



Regular exercise, healthy eating and getting enough **sleep** help to make us feel good.



Write down your thoughts.
Make a to-do list or keep a journal. This will help to organise and settle your mind.

