

Taking Care of Yourself is Just As Important As Taking Care of Your Family

Before you can help your child, you need to feel good as a parent.

Examples of Self-Care

Take a long walk



Read a book



Stretch or exercise



Talk to friends



Laugh out loud

Write down your feelings

Ask for help

Pray or meditate

Pointers for Parents:

- **Let yourself take a break.**
All parents feel stress from time to time.
A short “time-out” for yourself can help.
- **Talk to your partner/spouse or friends about your feelings.**
Think of a code word or sign to share when you need someone else to take over.
- **Be kind to yourself.**
Sometimes parents feel guilty about losing their temper or have feelings of being a “bad parent.” If you feel this *often*, talk to your doctor, or your child’s doctor.
- **Children pick up on adult cues, so your child may know what you are feeling even if you don’t say it out loud.**
Your child may start to worry or even act out if they sense you are worried.
Watch how you show your feelings around your child.
This is especially important for children with an anxious temperament or who are in foster care.
“I am a little upset right now because I have so much to do and I am trying to figure out how to get it all done.”

**Remember, your feelings are just as important.
It can affect how you interact with your child.**