

HELPING PARENTS WITH WHAT THEY NEED

SELF-CARE/SELF-HELP

WHAT YOU NEED TO SHOW UP AS YOUR BEST SELF

Caring for your children and family is a big responsibility, and you can't do it as well as you may want to without taking care of yourself. Below are some tips to help you.



TIME FOR YOU • Dedicate 15 minutes a day to you. Do something you enjoy.

BE KIND TO YOURSELF • Practice affirmations and positive self-talk.

PRIORITIZE YOURSELF • You can't do everything, and it's OK to say "no" to things.

PRACTICE GRATITUDE • Identify things that are going right.

PRACTICE HEALTHY SLEEP HABITS • Establish a good bedtime routine, limit screen time before bedtime.

EAT HEALTHY • Remember, what you put into your body affects how you feel.

What am I grateful for?



✂

WHAT I CAN DO TO TAKE CARE OF MYSELF

- _____
- _____
- _____

 children.wi.gov

FILL OUT • CUT-OUT • KEEP IT CLOSE

WRITE YOUR OWN CARD • List 3 things you can do to take care of yourself.

BE MINDFUL WITH USE OF SOCIAL MEDIA AND TECHNOLOGY • Limit phones, devices, computers and take a screen break.

BE REALISTIC • Have manageable expectations for yourself.

IT'S OK TO ASK FOR HELP • List the people you can call or reach out to when you need to.

Resources:

- [Self-Care Resources for Adults – Head Start](#)
- [Protective Factors – Child Abuse & Neglect Prevention Board](#)



Infant Toddler Immediate Needs of
COVID-19 | children.wi.gov