



The Importance of Self Care

As a caregiver, it can be easy to focus on your young ones and forget to take care of yourself.

Practicing self-care allows you to be present for your young ones. The best way to teach children about self-care is to model it.

5 ways you can take care of yourself (to better take care of young ones):

Get a full-nights rest

If possible (or nap when your child naps)

Move your body.

Exercise, go for a walk, do yoga, dance

Find 3 things a day to be grateful about

It will positively impact your outlook on life

Do one thing a day that brings you joy.

Read a book, cook, listen to music

Make time for yourself

Even if it's only for 15 minutes

Self Care Bingo

Cross out what you've done to take care of yourself!

Give yourself three compliments.

Enjoy a good meal.

Take three deep breaths.

Have some alone time.

Sing your favorite song.

Meditate for a few minutes.

Take a nap.

Remember a good memory.

Write out your feelings.

“Teach your kids good self-care by modeling it for them. They will learn to honor and respect themselves, and prioritize their health because you prioritize yours.”

- Hayley Gallagher