

FIVE SELF-CARE STRATEGIES FOR PARENTS

Celebrate

what you have achieved this week. Make a list of five accomplishments from the last week—they can be as simple as managing to make dinner for the kids!

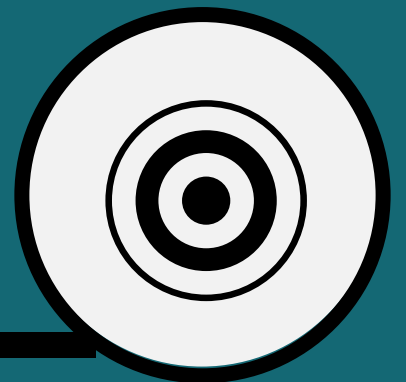


Take a break

when feeling overwhelmed. Set aside some time to relax with a book, bath, or cup of tea.

Identify

your and your child's strengths and work from there. Download our Character Strength's poster for free at allplaylearn.org.au, and work through it together.



Combine

tasks with your child's interests where possible. This will help keep them engaged and allow you to relax.

Re-center

with relaxation breathing or mindfulness. Watch Elsternwick Primary School's relaxation breathing video for an idea of what you could do with the kids.

