

Featured Articles

Strategies for Integrating Self-Care into Your Parenting Routine

- **Schedule Time for Yourself:** Planning time in advance for activities you enjoy and find rejuvenating makes it more likely you'll follow through with your self-care activities.
- **Maintain a Healthy Diet:** Eating well-balanced meals can help you maintain your energy levels. A diet rich in lean protein, whole grains, fruits, vegetables, and healthy fats can help you keep up with your children's needs.
- **Exercise Regularly:** Find a type of exercise you enjoy, such as walking, dancing, swimming or jogging and make it part of your routine. Physical activity is great for your mental health too!
- **Prioritize Sleep:** As much as we would like to think otherwise, without sleep we cannot maintain energy levels and overall well-being. Sleep quality is affected by caffeine, heavy meals, and electronic devices before bedtime.
- **Ask for Help:** Reach out to friends, family members, or even a professional if you are feeling overwhelmed. Discussing your feelings can help alleviate stress.

Setting the Standard: Why Parents Should Model Self-Care

As parents, modeling self-care shows other adults its' importance and reinforces it for yourself. Prioritizing your well-being encourages friends and family to do the same, fostering a supportive community.

Practicing self-care also reminds you that your health is crucial, helping you stay resilient and balanced. By taking care of yourself, you set a strong example for others, benefiting everyone.



For helpful parenting resources visit: [ParentGuidance.org](https://parentguidance.org)

- **Foster Social Connections:** Maintaining friendships and social connections ease feelings of isolation. Emotional support can come from regular catch-ups with friends or community events to stay connected.
- **Celebrate Your Accomplishments:** Take time to really celebrate your achievements, both big and small. Recognizing your successes can boost your self-esteem and provide motivation to set your sights on your next self-care milestone.
- **Practice Self-Compassion:** Be kind to yourself, acknowledging that parenting is a challenging journey. Treat yourself with the same understanding and compassion you would offer a friend in a similar situation. This can help decrease feelings of inadequacy or guilt and promote a healthier mindset.

“I have come to believe that caring for myself is not self-indulgent.

Caring for myself is an act of survival.”

-Audre Lorde



Take a no-cost course at [ParentGuidance.org](https://parentguidance.org)

Sometimes the experiences of life can make us feel like we've lost our way. We forget our worth, our potential, our identity. Our problems become so overwhelming that we can't see anything else.

Finding Yourself When You're Feeling Lost

[Begin Course](#)

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Works Cited

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