

Self-Care Tips for Parents

Take care of yourself first

Many parents feel that being a good parent means focusing all their attention on their kids and leaving very little time for themselves. This has been reinforced time and time again in many cultures and through multiple generations. In actuality, it is important to learn to take care of yourself so that you can take the best care of others.

Parents tend to forget about the importance of self-care. When you do this, you are more likely to experience burnout, and parenting can become more stressful. Self-care activities can help to recharge you and give you the energy to do all the amazing things you do for your kids on a daily basis.



"I have learned that for one to be an emotionally available parent, one needs to take care of themselves first."

Be mindful of social media

Social media can be helpful for a lot of parents. It lets you connect with other parents, find resources, and exchange feedback and information. There are times when social media can become destructive.

It can distract us from family time, and many times we might find ourselves comparing our parenting to others.

The reality is that the use of extended technology can affect our neurotransmitters' functioning and ability to be fully present with children and others at home. Part of self-care includes being mindful about your relationship with technology and social media and how it impacts your well-being and your interactions with family members.

Make self-care personal and unique

Everyone has a different way of taking care of themselves. There are many places where you could find a list of self-care ideas, but it is important to make sure that the activities you choose work best for you. Every person has different self-care needs, and because our lives change over time, our self-care strategies may need to change too. You want to find self-care strategies that work best for YOU - not your sister, not your friend, but YOU.

So, check within! What do YOU need right now?

Adapted from contributions by Dr. Monserrat Casado