

Parent Self-Care Tips

TAKE TIME FOR YOURSELF

- **Create space to recharge and decompress by taking a bubble bath, read a book, play a game on the internet or simply zone out after the kids have gone to bed.**
- **Make sure you're eating properly and create a routine that includes adequate sleep and physical activity.**
- **Reconnect with things you enjoy or learn a new skill & disconnect from things that bring you anxiety such as an overload of news and social media.**
- **Share your fears and concerns with other trusted and caring adults.**

