



## **Parent Self Care Tool: Increasing Positive Self-Talk**

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### **Be Kind To Yourself!**

People need praise and approval everyday. How can you make sure that you get your daily dose?

#### **Give it to yourself!**

Positive self-talk is any kind of message to yourself that makes you feel happy, strong, relaxed, motivated, loving, or energetic. We can use positive self-talk to calm ourselves down, to get out of a bad mood, or to handle a stressful situation. We can be our own best coach and cheerleader. For example:

- "I can handle this situation."
- "I can stay calm."
- "I am a good parent."
- "I make good decisions for my children."

#### **Remember—you make human rights!**

Positive self-talk can also be reminding yourself everyday that you are a human being with needs and rights:

- You have a right to make mistakes.
- You have a right to express your feelings.
- You have a right to your opinions.
- You have a right to rest and relax.
- You have a right to ask for help.
- You have a right to play and have fun.

Write down other rights you can think of that sometimes you forget in the midst of being a busy parent. How can you use these statements every day? Write down your ideas and discuss with the group

#### **The Dot Trick, Part Two**

Remember the dot trick from the section on decreasing negative self talk? This time, use the dots to remind yourself to use positive self-talk. At first, parents can feel funny using positive self-talk, but if practiced every day positive self-talk can be one of the best tools you will ever use to "re-charge" your batteries and have the energy you need to be the parent you want to be everyday!

#### **DAILY REMINDER**

People need praise and encouragement everyday. Get it from one of the best sources – yourself!