



Promoting Self Care

Why is Self Care Important?

Why is it important to take care of yourself when you are a parent?

If you were going to run a marathon, you would probably do several of the items on this list:

- Read inspiring stories about people who run
- Get tips from people who run
- Set up a training schedule
- Learn to pace yourself.
- Eat good food.
- Drink lots of water.
- Stretch your muscles.
- Get as much sleep as possible.

Being a parent is like running a marathon every day!

What are the benefits of practicing self-care everyday?

Puts Gas in Your Gas Tank – Self Care Gives Energy:

Parenting is hard work and requires energy. Taking care of yourself as a parent means that you will have the energy to really be a good parent.

Example: Every couple of hours, I make sure that I take at least 5 minutes to do something for myself. This way I make sure that I have enough energy to be a good parent to my two-year old son -- play train, say "no" a dozen times, pick up a thousand blocks, read Dr. Seuss, ignore his whining, dance to Halloween songs (in January) and on and on and on!

When Everything Goes Wrong – Self Care Increases Patience:

Parenting requires a tremendous amount of patience every day.

Example: My two-year old loves music. So do I! When we are starting to get on each other's last good nerve, I say, "Let's listen to some music – it will help us feel better." And it always does.

Start 'em early – Your Self-Care Increases Your Child's Self-Care:

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Start 'em early – Your Self-Care Increases Your Child's Self-Care:

Our children watch everything we do! If your child is watching **you** take good care of yourself then they learn how to take good care of themselves too – which will make both of your lives much easier!

Examples: I am trying to stretch my old muscles every day. My son, Joey, gets down on the floor with me and does "yogo"(yoga!) too.

I am trying to drink more water these days to keep my immune system up, so I walk around with a water bottle. So does Joey.

I like to read my People magazine to relax. Joey sits besides me reading his Noodle magazine.

You have to take care of yourself if you want to make it across the finish line!