

Parent-to-Parent Survival Guide: Self-Care Secrets

You Deserve Care Too

Parent Self Care Matters

When you take care of yourself, it helps you show up for your child too. You deserve care and support. You may not always have a lot of time, but without space to pause and recharge, stress can build quickly. Caring for your mental health can help you feel more steady, more supported, and better able to handle the ups and downs that come with parenting.



Examples of Self Care

- *Prioritize basic needs (sleep, food, water)*
- *Sitting quietly for a few minutes*
- *Taking a walk or stepping outside*
- *Making time for friendships or hobbies*
- *Releasing perfection and expectations*
- *Focusing on small positives or personal wins*
- *Letting go of guilt for self care time*
- *Keeping family rituals, even if they change*

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Tips From Other Parents

- *Start small! Take a 5 minute break*
- *Rest when you can*
- *Ask for help when you need it*
- *Connect with other parents*
- *Take care of your health*
- *Let your feelings out*
- *Celebrate small wins*
- *Do something just for you*
- *Journal or talk to a therapist*
- *Make boundaries for time & energy*

Your Feelings Are Valid

Feelings of overwhelm, exhaustion, or burnout do not make you a bad parent. Naming your feelings can help you cope with them. There may be moments when everything feels like too much, and that is okay. Recognizing your emotions without judgment can make it easier to move through them and take small steps toward support.

A Gentle Reminder!

There is no perfect way to take care of yourself. Some days will be harder than others, and that's okay. Even small steps matter. Be kind to yourself. You deserve support too. Progress doesn't have to be big to be meaningful. The small things you do to take care of yourself can add up over time.