



The Importance of Self-Care for Parents and Their Families

When parents hear the term “self-care” they may consider it to be something they currently prioritize or view it as a cliché social trend. Self-Care is best defined as any action that you do to improve your health. Self-care habits can fall under six categories: Physical, Psychological, Emotional, Spiritual, Social, or Professional.

When parents begin neglecting personal acts of self-care, they may start to feel like they’re running on empty. Some believe that in order to meet their child’s needs they have to sacrifice their own. This belief can make it hard to engage in any form of self-care without feeling selfish. Truthfully, when parents take care of themselves they’re also taking care of their family.

Being intentional with self-care means that you prioritize it within your schedule. There are several ways that parents can actively engage in self-care. Getting more rest is a simple act of self-care. Other forms of self care include scheduling alone time, spending time with friends, calling a loved one, and saying no to extra responsibilities.

Another form of self-care is learning how to ask for help and actively practicing this. Parents may discover friends and family are eager to help however they can. Parents sometimes suffer from burnout when they carry heavy burdens alone. When parents ask for help it communicates to their child that asking for help is okay.

Finding time to participate in acts of self-care can be tricky. It also important to note that it self-care looks differently for every parent. The activities that parents select depend heavily on how much free time they have. Parents should try to make the most out of their time. Whether its five minutes or an hour, taking out time for yourself makes a huge difference.

As a parent its human nature to want to fulfill both the needs and desires of your child. Taking care of yourself ensures that you have the energy needed to take care of your family. When parents make their happiness and well being a priority they teach their child to do the same. Try to incorporate activities into your everyday schedule that teach your child self-care too.

Resources:

1. <https://www.peps.org/ParentResources/by-topic/self-care/self-care-for-parents>
2. <https://gozen.com/8-self-care-tips-for-parents-who-have-no-time-for-self-care/>
3. <https://www.waterford.org/education/self-care-for-parents/>