



SELF-CARE FOR PARENTS





SEE SELF-CARE AS IMPORTANT

Perhaps the starting point is not to dismiss the idea of self-care as a luxury. Of course time is precious! An already busy day, leaves no room for “me time”! But... it doesn't have to be as elaborate as you might think.

Don't we do absolutely everything in our power to make sure our children are happy, well-rested and nourished? We want the best for them! Does it not make sense then, that perhaps if we allow ourselves self-care as a necessity, we may be able to handle the challenges of parenting with more grace, patience and love, simply because we are at our best?

Incorporate these simple, self-care strategies into your life and give yourself the fuel you need to be the best version of yourself...for you and your children.

With much love...

Genevieve Joseph-Williams 

CREATE A MORNING RITUAL

If you've ever felt like your day has spun out of control before it's even truly begun, you're not alone. When every minute feels like it's accounted for, finding a moment for yourself can seem impossible, but it's worth it. Even if it's just 5 minutes before the kids wake up, that little bit of 'you' time can make a difference. Sip your coffee in silence, breathe deeply, or jot down a quick thought about how you want your day to feel. It doesn't have to be perfect or long, just enough to give yourself a tiny bit of calm before the chaos. Remember, you deserve those moments too.



SET BOUNDARIES AROUND TECHNOLOGY

(FOR YOURSELF!)

It's tough to admit, but we often find ourselves scrolling through social media as a way to relax, even though deep down, we know we're doing this quite mindlessly, not even quite taking anything in. We tell our kids that too much screen time can be overstimulating and the truth is, it affects us the same way. After a while, we start to feel drained, even if we don't immediately notice it. Taking small breaks to unplug, even just for a few minutes, can help you recharge and feel more present. It doesn't have to be all or nothing, just try stepping away from the screen now and then and see if it leaves you feeling a little more refreshed. You might be surprised by how much it helps!



TAKE SHORT, INTENTIONAL BREAKS

The mid-afternoon slump is all too real. Parents feel it just as much as anyone else. When you're running on empty, it's easy to push through, but that can sometimes make us more irritable with our kids. Instead of powering through, give yourself permission to take just a few minutes for some intentional downtime. Whether it's a quick walk around the block, closing your eyes for 5 minutes, or simply taking a few deep breaths, these small moments of rest can help you reset. You'll return to your parenting duties feeling a little more refreshed and calm, even in the midst of a busy day. It's okay to pause, you deserve it.



ASK FOR HELP AND ACCEPT IT



When you're at breaking point, asking for help can feel like admitting defeat, but it's actually a sign of strength and wisdom. For some, though, asking for help isn't even an option. Maybe there's no one to turn to or you feel like you have to manage it all on your own. If that's you, I see you. In those moments, even finding small ways to lighten the load for yourself matters. Whether it's letting go of something non-essential, taking a moment to breathe, or finding comfort in knowing you're doing your best, give yourself the grace you deserve. If you do have someone who can step in, even for just a short while, like a friend, a partner, or family member, leaning on them doesn't make you any less capable. It helps you recharge so you can be more patient and present when you're with your children. And if help isn't there today, be gentle with yourself. You're doing an amazing job, even when it feels overwhelming.

DO SOMETHING YOU LOVE (WITHOUT THE KIDS!)



Can you remember the last time you did something just for you? Maybe it's been so long that it's hard to even recall. If you're feeling like there's no time or space for that, I completely understand. For some, finding time for hobbies can feel impossible and for others, it might feel like a luxury they just can't afford. But even in the smallest moments, it can help to reconnect with something that brings you joy, whether it's reading a few pages of a book, baking something simple, or just taking a quiet moment for yourself. It doesn't have to be perfect or long. These small acts remind you that you are more than just mum or dad. And when you feel more fulfilled, even in small ways, that sense of joy can flow into your interactions with your children. You matter, too.

PRACTICE MINDFULNESS

You know that moment when the kids are finally quiet and instead of relaxing, you're bracing yourself for the next meltdown? It's so natural to feel that way when you're always on alert. Mindfulness can help but I know it's not always easy to carve out quiet moments, especially when you're juggling so much. Even during everyday tasks, like making dinner or folding laundry, try focusing on the small, simple things. Notice how the food smells as you cook or how warm the clothes feel in your hands. It's not about perfection, just a little mental break here and there can help create small, re-energising pockets of calm. You don't have to do it all at once and if it feels like too much today, that's okay too. These little moments of presence can help you face the day's challenges with a bit more clarity and calm.



SLEEP WHEN YOU CAN

I know how hard it can be, especially when there might be no one else to lean on. Sadly, sleep deprivation is something many parents quietly carry, but it inevitably leaves you feeling even more frazzled and drained. I get that finding time for rest seems impossible when there's so much to do but a short 20-minute nap while your kids rest or even an earlier night every once in a while, can make such a difference in how you feel. Sometimes taking care of yourself is the most important thing you can do. Remind yourself that you're human. Sleep is a basic human need.



SET ASIDE TIME TO REFLECT



Parenting is a beautiful and challenging journey. It just is. You are not alone in the whirlwind of emotions it brings - joy, frustration, pride and exhaustion. One of the things you are constantly teaching your child is how to understand and manage their emotions. Have you given yourself the space to reflect on your own emotions? Try to carve out just a few minutes to reflect on how you're feeling, whether through journaling or simply acknowledging those emotions in the moment. It might sound silly but pretend you're watching yourself feel whatever it is you're feeling. This small act of self-awareness can help release some of that emotional tension and empower you to face the ups and downs of parenting with greater empathy and patience. Remember, it's human to feel overwhelmed at times. You're not alone in this and taking a moment for yourself can make a world of difference.

RECONNECT WITH YOUR PARTNER OR CLOSE FRIENDS

I know how isolating it can feel when you barely have time for yourself, let alone for others. But nurturing your adult relationships, even in small ways, is so important for your emotional well-being. Whether it's a five-minute coffee break, a quick phone chat, or a rare date night, these moments of connection can help you feel more supported and recharged. I understand how hard it can be to make time for this, especially when maybe you don't have much help, but even the smallest bit of connection can remind you that you're not in this on your own. That renewed energy will make all the difference when you return to your kids.



SHOW YOURSELF GRACE

Parenting isn't about getting everything right. There will be days when you feel far from your best. Maybe you didn't handle a tantrum the way you hoped, or you were more distracted than usual. It's completely understandable especially when you're stretched thin. Instead of being hard on yourself, try to show yourself some kindness. You're doing the best you can with the circumstances you have. Giving yourself grace in these moments doesn't just help you heal, it gives you the strength to keep going and be the parent you want to be over time. You deserve that compassion just as much as anyone else.





Share these tips with a fellow parent who needs a reminder to take care of themselves too. We're all in this together!

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