

HOW CAN I...

Take care of myself so I can be the best parent I can be?

Advice for Parents and Caregivers

- **Being a parent can be demanding, and sometimes it can feel like you're running on empty.** But taking care of yourself is essential. Self-care isn't a luxury; it's fuel for your parenting journey. Even taking small, mindful moments dedicated to yourself can make a big difference.
- **Building a strong support network is crucial.** Surround yourself with other adults who understand your challenges and can offer a helping hand. This network could include your partner, family members, friends, or fellow parents in your community. Share responsibilities, delegate tasks, and ask for help when you need it.
- **Investing in your well-being isn't selfish, it's empowering.** When you take care of yourself, you're better able to parent with patience, joy, and presence. You'll also be setting a positive example for your children, demonstrating that it's important and healthy to take care of yourself.



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video on this topic.

8 Tips for Parent Self-Care

1. **Acknowledge that parenting is hard.** Take a moment to acknowledge that raising kids is one of the hardest jobs there is — even on a good day. Give yourself some grace and remember that you are doing your best.
2. **Don't take your basic needs for granted.** In the chaos of caring for kids, it's easy to forget to tend to your own basic needs. Remind yourself to get enough sleep, stay hydrated, and eat regular, healthy meals.
3. **Self-care comes in many forms.** Taking care of yourself doesn't have to be expensive or take a lot of time. Start small — take a bath after the kids are asleep or meditate for five minutes. Self-care can be anything you do for yourself that makes you feel good.
4. **It takes a village, but you need to ask.** Friends and family members can be great helpers — but they likely won't know how to support you unless you ask them directly for what you need.
5. **Modeling self-care helps everyone.** Yes, taking good care of yourself will help you to be more available for your children. And it will teach them to make healthy habits, too.
6. **Accept your limits.** Part of avoiding burnout is to understand that you can't do everything yourself. Figure out your stress limit and try not to feel ashamed to know when you hit it.
7. **Find other parents who can relate.** Whether through social media, support groups, or after-school activities try to find people who are in a similar parenting situation. Hearing what other families are going through can give support and perspective.
8. **But also connect with friends outside of parenting.** It can also feel good to make time for friends who know you outside of your role as a caregiver. A phone call, a walk, or a coffee date with a friend can be good reminders that being a parent is a part of who you are as a person, but not your whole identity.

To learn more, check out these helpful resources:

[The Impact of Parental Burnout](#)
American Psychological Association

[Why Self-Care is Essential to Parenting](#)
The Child Mind Institute

[Mental Health Resources for Parents](#)
Mental Health America

The Child Mind Institute is dedicated to transforming the lives of children and families struggling with mental health and learning disorders by giving them the help they need to thrive. We've become the leading independent nonprofit in children's mental health by providing gold-standard care, delivering educational resources to millions of families each year, training educators in underserved communities, and developing tomorrow's breakthrough treatments.