

Make time for yourself

Tips for providers using the *Self-Care Guide for Busy Parents*

START A CONVERSATION with parents and caregivers

Use these questions to start a conversation about self-care and the *Make Time for Yourself* guide. In addition to supporting self-care, a conversation on this topic can be an opportunity to share information about Yolo County programs like Family Resource Centers, library story time, parent groups, and free activities, which can help parents and caregivers connect with others and access resources.

Questions about self-care

- How do you take care of yourself?
- What activities replenish/refresh/refuel you?
- How often do you get to do them?
- Can you identify one thing that you can do to take care of yourself? Try it out and tell me how it went at our next meeting.

Questions about self-care and parenting

- Have you ever done anything that made you feel more energetic and/or better at handling the job of parenting? What was it?
- What are things that you do or can do with your child that re-energize you, too?

Questions about self-care and relationships

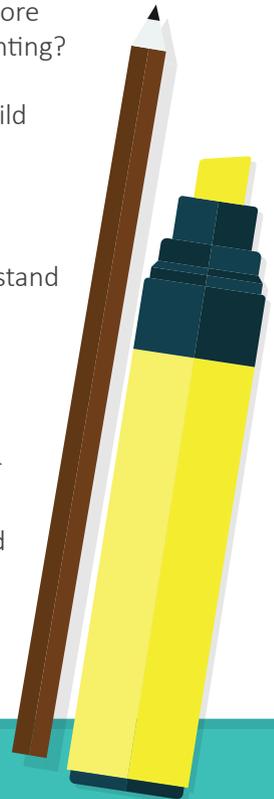
- Can you think of someone you know and trust to talk to when you want someone to hear and understand you?
- How might you contact that person?

Introduce the *Make Time for Yourself* guide

This guide provides self-care ideas that can help you feel less stressed and have more energy and patience for your child(ren). Different things work for different people.

- Would you be willing to look through this guide and let me know which ideas might work for you?

PRINT THE GUIDE AT
www.yolokids.org/forfamilies



This resource was created by **Yolo County Children's Alliance**

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CONTINUE THE CONVERSATION with parents and caregivers

Use these questions to discuss the *Make Time for Yourself* guide once parents and caregivers have read and/or used it. It can be really hard for parents to prioritize self-care. Your ongoing support can make a big difference in helping parents develop resilience and social connections.

Have you tried any of the self-care ideas in this guide? If you did try some ideas—

- Which ones worked for you? Why do you think they helped?
- Which ones didn't? Why do you think they didn't help?
- Did you try some self-care ideas that weren't in the guide?
- How did you feel after you did some self-care?
- Has taking care of yourself changed the way that you parent? How so?

If you didn't have a chance to try any ideas—

- Did you try some self-care ideas of your own?
- How are you taking care of yourself?
- What makes it hard to find time to take care yourself?
- Do you think you might be able to take a few minutes to try some of the ideas in this guide? How would you do it?
- How does it feel when you make time for yourself?

Remember to provide empathy and encouragement to parents wherever they are on their self-care journey.

We want to support parents and not make them feel guilty if it's hard for them to make time for themselves! Please refer to the resources on the back of the guide if parents need more help.

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Providers: use the guide
to find self-care ideas for
yourself, too!



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