



self-care tips for parents



Remember that you matter too

Maintain a healthy diet, keep active and have regular sleep routines. These can help you to remain calm when stressed.



Practise self-compassion

It may take time for children to understand the new normal. Take it slow, and do not feel discouraged.

Celebrate small wins daily, no matter how small they seem. You are the best parent for your child.



Focus on connecting

Take some time out of your day to connect with extended family and close friends. Use video and phone calls when physical contact is not possible.



Create a balance

Balance reading COVID-19 related news with other activities that you enjoy.

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical condition.