



## 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.



### 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.



### 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.



### Create a balance

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