

# Self-Care Guide for Parents

Below are some simple ideas and practices that support self care for us as parents and together as a family. We hope you enjoy!

## MOVEMENT

- Stretching
- Cardiovascular Movement
- Technology free Walk

## EMOTIONAL

- Ask for help
- Write down 3 gratitudes
- No social media days

## MENTAL

- Give yourself permission for a break
- Single Tasking
- Meditation & Mindfulness



# MOVEMENT

## Stretching

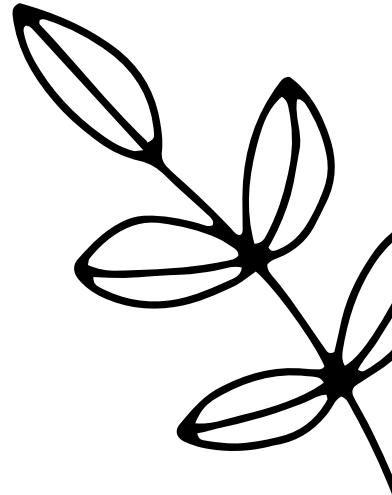
Start your morning with a couple stretches or use it as a break throughout the day.

## Cardiovascular Movement

Try running, biking or something simple like walking up and down the stairs.

## Technology-Free Walk

Put your electronics away and focus fully on your movement and surroundings.



# EMOTIONAL

## Ask for help

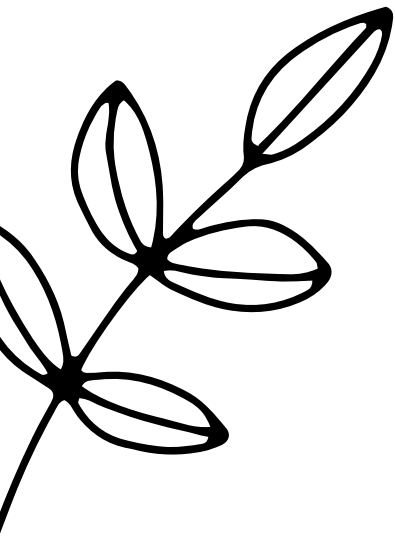
Give yourself permission to ask for help when you need it. Learning and honoring our limits is an important act of self care.

## Write down 3 Gratuities

Gratitude is a powerful practice and the value of it is backed by research. Being thankful is guaranteed to make us feel lighter.

## No Social Media Days

Connect with yourself by taking a full day (or two!) off social media and tech. See if you can find a friend to join you in solidarity.



# MENTAL

## Permission for a break

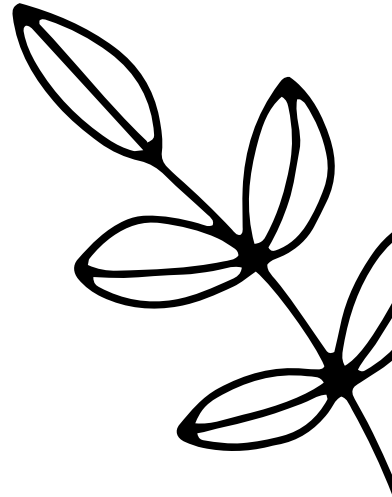
We all need breaks. Listening to our bodies and minds when they need breaks is important to mental wellness.

## Single Tasking

Focusing on one task at a time can speed up productivity and decrease stress.

## Meditation & Mindfulness

Start your day with meditation or using a breathing exercise to help you focus.



# Let Kids Join in Your Fun!

Below are some fun ideas and games to engage the whole family in supportive activities.

## BABIES

- Strap them on and get outside!
- Silent Explorations Mindfully

## WEE ONES

- Play game: Mama Nap Time
- Hide & Go Seek with Library Books

## SCHOOL AGE

- Movement is the Game!
- Afternoon Walk with Tag
- Gratitude Cleaning

## OLDER CHILDREN

- Outside Choices
- Mindfulness and Meditation



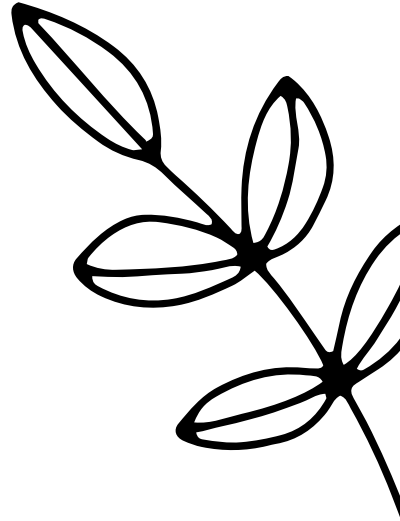


## BABIES

Strap them on and get outside!

Silent Explorations Mindfully

Listen and wonder in silence together. You can silently point out things to watch together or let them take the lead in guiding you to their interests.



## WEE ONES (2-5)

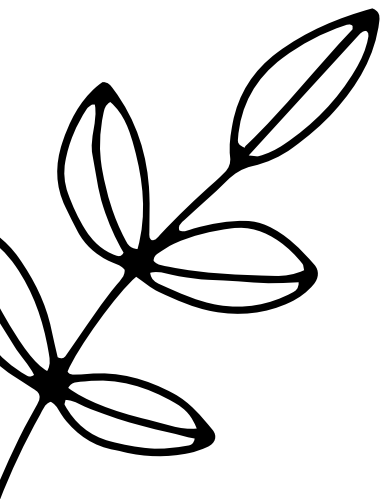
Play game: Caregiver Nap Time

“Mama needs a rest... let’s play mommy as baby!”  
Enjoy letting them tuck you in gently, give you stuffy and get a 5 minute recharge. Older ones may even read you a cute bedtime story (lucky you!).

Hide & Go Seek with Library Books

Borrow new library books and hide 2-3 at a time for a moment you need a break with periodic check-ins. This works well for taking showers, making dinners, or times you need to focus a bit, but still want your child to check-in. Make it a game to have them come back to ask you for “hints”.

Tip #1: Some libraries prepackage bags of books  
Tip #2: Experiment with things you can hide such as rotating toys, blocks, stickers or other fun things.



## SCHOOL AGE (6-9)

### Movement is the Game!

Think fun and lively. Dance parties are excellent, as are hide-and-seek mini-moments. Morning stretches or afternoon zoo animal chase games around the house or outside are fun too. Pick a favorite animal and run/move like the animal. A wonderful way to stretch the body after sitting at a desk or being in meetings for a long while.

### Afternoon Walks with Tag

Enjoy afternoon walks after school and intermix some relaxing movement with bursts of tag. Collect and look for leaves or rocks or see how many squirrels you find. Explore and engage in whatever way is fun. Add some spontaneity and exploration games to keep them engaged and happy.

### Gratitude Cleaning

Do a 5-minute power clean and join together first for gratitude. Before you clean, each family member can identify “who they are cleaning for”. Perhaps a favorite friend, a kind neighbor, or a grandparent who is missed. Dedicating your cleaning time to someone can help with motivation and it gives kids an opportunity to think of people beyond themselves.



## OLDER CHILDREN (10-99)

### Outside choices

Let them choose – a walk, a bike ride, a hike. You can also split the choices: you may choose to have silence on the walk, while letting them choose their own fun music in the car. Let them take the lead and empower their choices as you explore together. You can make this as big or small as you want. Try a new trail, new park or new location for walking. They can even find the location online and you can start a new adventure together.

### Mindfulness & Meditation

Start a practice together. Children can be really interested in quieting their minds. There are a wealth of resources and online apps for this, but also be sure to check out Mindfulness for Kids at <https://www.mindful.org/mindfulness-for-kids/>



## SERVICES

- Business & Executive Coaching
- Online Classes & Trainings
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## MORE INFO

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**Questions?**

**Email: [info@integratingwork.com](mailto:info@integratingwork.com)**