

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 Nevada 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

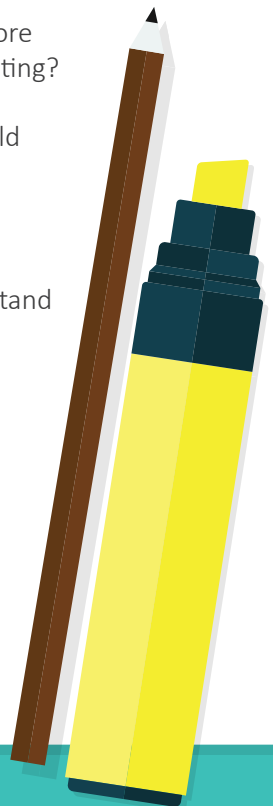
- Can you think of someone you know and trust to talk to when you want someone to hear and understand you?
- How might you contact that person?

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.csnn.org/resources



This resource was created by Yolo County Children's Alliance and adapted by the **Community Support Network of Nevada County**.

